

# connect

SPECIALIST CARE SERVICES PROVIDED IN YOUR HOME BY HELPING HANDS

[www.helpinghands.co.uk](http://www.helpinghands.co.uk)

## Celebrations and remembrance



**North East charity Walk of Life has enjoyed a busy few months of activities that recently culminated in a spectacular remembrance event celebrating 100 years since the end of World War 1.**

The North Tyneside charity - sponsored and supported by Helping Hands - held a war-time themed remembrance party for local disabled, vulnerable and elderly people.

Lending a helping hand were volunteers from the British Legion along with staff from Helping Hands. Everyone got into the spirit of the occasion and dressed in vintage clothing.

The community hub - also known as the 'Vets Hut' - was decked out in patriotic bunting with hand-made poppies decorating the entrance and garden.

Managed by Sylvia McBrien, a former team manager at Helping Hands, the Walk of Life charity, set up in Holywell in 2012, works at grass roots level to support vulnerable and elderly people and those suffering from social isolation. The charity manages an allotment garden and community hub, running activities and encouraging people to meet friends and go on outings.

During the recent remembrance event, Scott Arries, one of our specialist care and support officers, handed a cheque to Sylvia for £380, which he raised after a sponsored Kielder

Marathon in October. Sylvia said:

"It was a lovely day with people really enjoying the vintage teas, cakes, singing and all the volunteers dressed in period costume. It was especially nice to receive the donation from Scott and all the ongoing support from Helping Hands."

Money raised and donated helps the charity buy plants and materials for the allotment and organise more activities along with coach trips to locations further afield.

## Anniversary milestone

**We're delighted to acknowledge that Helping Hands Community Care has reached a new milestone - our 30th anniversary.**

We're proud to have been supporting vulnerable people and those with specialist care needs for 30 years.

This makes Helping Hands one of the longest established, and largest independent homecare providers across Northumberland and the wider area.

Established as a family business operating from farm buildings in Northumberland, the organisation has grown to employ a team of almost 550 care staff.

David Harrison, MD of Helping Hands, said:

"I'm privileged to be here during the organisation's 30th anniversary. It's strength and sustainability are based around our people and the high level of care they deliver to service users around the region.

"My focus is to have the right people and systems in place to ensure we will celebrate another big milestone in the next decade and more."



# Fun at the beach



**When service user Margaret Seddon announced she'd love a seaside break in sunny Blackpool, her carers rose to the challenge to make it happen.**

Margaret, who lives in independent supported accommodation in Bedlington, was able to enjoy a week-long break thanks to the efforts and support of carers Jane Warner and Denise Cunningham who escorted her on holiday.

During her trip Margaret took part in a range of activities and each night she was enjoying a game of bingo and singing karaoke. One evening she even won a cuddly hedgehog toy in the hotel raffle.

With the support of her carers, she was also able to visit the local sea life centre, the circus, Madame Tussauds and made good use of the popular trams each day.

# Golden wedding anniversary



**One of our service users was recently able to enjoy a holiday to attend a family wedding anniversary thanks to the support and dedication of his carers.**

Lee Parker, who needs around-the-clock, daily support at his apartment in Haltwhistle wanted to attend his aunt's golden wedding anniversary in Somerset.

While he has a mobility car to travel around in, Lee is unable to go anywhere alone without support.

With a lot of hard work and significant organisation by his two carers Jeremy Smith and John Armstrong, Lee was able to achieve his dream and see family members he hadn't caught up with for many years.

# Charity cycle ride



**It was 'a, wheely' well done to Helping Hands support worker Paul Loy who recently took part in a 50-mile cycle ride to raise £517 money for the Huntington's Disease Association.**

For the past year Paul, from our Specialist Care Services team, has been working with a young man, Jamie Hartley, who suffers from the condition.

Huntington's disease is an illness caused by a faulty gene in your DNA and affects the body's nervous system – the network of nerve tissues in the brain and spinal cord that co-ordinate your body's activities.

Great to see Paul going the extra mile to raise awareness of this illness while also raising funds.

# Treasure in Seahouses

**The dedication of our carers means many service users get to enjoy and experience things they wouldn't often be able to do on their own.**

Carer Joe Kelly enabled his client Christian Steward to experience his first ever 'Geocaching' exercise while in Seahouses. Geocaching is an outdoor recreational activity, an international treasure hunt, in which participants use a Global Positioning System receiver or mobile device and other navigational techniques to hide and seek containers, called 'geocaches' or 'caches'.

These can be hidden at specific locations marked by coordinates; Christian and his carer had to follow a series of clues before they hunted down their hidden cache at the end of the pier at Seahouses.

