

# BRAMLEY HILL DAY CENTRE PART OF THE GARWOOD FOUNDATION

Welcome to Bramley Hill Day Centre's NEWSLETTER

Spring 2020



## CORONAVIRUS

Bramley Hill Day Centre is currently following government guidance and advice on all issues relating to the Coronavirus, COVID-19.

Please see their website for further information and guidance:

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

## VOLUNTEERS WELCOME

We welcome volunteers at the centre, especially for music and drama sessions and our IT learning zone. You don't need experience, just empathy and the ability to share skills.

We recently had four students who are studying Health and Social Care on a three day placement from Coulsdon College. The volunteering supported their studies while our members enjoyed their vibrant presence and support.

Our members always enjoy seeing new faces and learning new skills.

A DBS certificate will be required for volunteering and this can be arranged through the centre.

For a volunteers application form please contact:

Maryam Tel: 020 8686 9866 or email: [maryam.bouregaa@garwoodfoundation.org.uk](mailto:maryam.bouregaa@garwoodfoundation.org.uk)

## MUSIC PROJECT

The Centre has been fortunate enough to work with the London Philharmonic Orchestra and Drake Music leading innovators in music production for people with disabilities.

The workshops focused on a suite of music by the orchestra using state of the art equipment. This was a block of sessions in which a group of members had the opportunity to participate in the exciting project. The next group commence sessions in May.

To see how these workshops will develop please view the website: [www.orchlab.org](http://www.orchlab.org)

## ORCH LAB SESSIONS



## TRAVEL TRAINING



Members enjoyed an afternoon of travel training with Transport for London and the Metropolitan Police. They were shown how to safely board a bus and wheelchair users were informed that they must always sit with their back to the driver for safety reasons. In the event of an accident their head would hit the fixed cushion pad on the bus and therefore protect their neck from a sudden jolt.

Some of our members had never boarded a bus before so it was a fun and enjoyable day, as well as being informative.





## PHYSIOTHERAPIST

David Mitchell is our physiotherapist at the centre. David supports members with a range of issues including wheelchair assessments and OT referrals.

Members are encouraged to take part in supported exercises and the centre has a range of equipment for people with mobility needs including gait trainers and moto med bikes.

## SWIMMING POOL

The centre has a fully accesible pool which is equipped with overhead tracking hoists and is situated in a Scandinavian log cabin with an ambient temperature of 32 degrees.

Members use the pool on a rota basis and it provides an excellent base for exercise, providing a relaxing and fun environment for movement.

The water's warm temperature decreases muscle spasm, relieves pain and can increase the range of movement.

Each centre member undertakes an individual assesment to determine suitability and the level of support they require.

The pool is also available for personal hire and enquiries regarding bookings can be made by contactng the centre's office. Tel: 020 8686 4716



Left: Carol supported by Ruth

## MULTI GYM

The centre has a multi gym which is specifacly adapted for wheelchair users and greatly improves self confidence, strength and wellbeing.

The gym is available for hire, please contact the centre office for further details.



Right: Tomas in the gym

## CARERS FORUM UPDATE



The Carers Forum is now well established and meet every month for a light bite lunch, activity or coffee and chat. Members have said they enjoy the meet ups and it is a good way to share information and have a short time for themselves, away from their caring role. If you have a family member at the centre, Rutherford School or Jean Garwood House you are welcome to join us for any of the sessions.

In January we had a coffee and home made scones meet up at the centre and in February we had lunch at The Beefeater, Coombe Lodge. Both these sessions were enjoyed by all who attended.

These meetings are carer led and Maryam would be delighted to receive your suggestions for an activity or place of your choice to meet.

Maryam Bouregaa  
Family Support Worker  
Tel: office 0208 686 9866 / mob: 07496 887751

### Carers Forum Dates for your Diary:

**Thursday, 12<sup>th</sup> March 2020. 11am**

Breakfast at The Terrace Coffee Shop, Woodcote Green Garden Centre

**Tuesday, 21<sup>st</sup> April 2020. 11:30am**

Pottery painting at Get Fired, Purley

**Monday, 11<sup>th</sup> May 2020**

Suggestions for a venue or activity welcomed

Please confirm whether you are able to attend sessions or not.

### **FAMILY SUPPORT WORKER**

Maryam Bouregaa is our family support worker at the centre and assists members with benefit issues, correspondence, budgeting etc and grant applications for respite care.

Anyone caring for someone at the centre, Rutherford School or Jean Garwood House can access this support and signposting is available if necessary.

## SOME OF OUR REGULAR ACTIVITIES



### ART

Abel's classes are always popular and members enjoy twice weekly arts and crafts sessions with him. They use a variety of different materials and are able to express themselves and have fun while working together as a group.

Left: Steven D, Steven G and Stephen W.

### WOODWORK AND CRAFTS

Members enjoy Wally's twice weekly woodwork and craft sessions. Laughter can always be heard when this group are together. In the warmer weather our members are able to enjoy gardening with Wally, using raised beds and pots in the garden.



Right: Sharon and Wally



### COOKING

Members are able to join in weekly cooking sessions with Charlene. On Pancake Day they enjoyed making pancakes with fillings of their choice. Messy work but great fun and very tasty!

Left: Pancake day.



Above: Danielle and Tony

### MUSIC

Members and staff are delighted to have Peter and Sandra back for fortnightly music sessions. These sessions are always popular and enjoyed by all who attend.



### SEWING

Thanks to the dedicated support of our volunteers, Linda, Jean, Lorna and Jaqueline, many of our members have acquired a new skill and hobby by attending their very popular weekly sewing group.

Left: Linda, Mellinie and Emma

## LONDON MARATHON 2020

We have some outstanding people running the London Marathon for The Garwood Foundation this year. If you can, please donate to any of them. The smallest donation will make a difference to people with physical and learning disabilities and children and young people with profound and multiple disabilities. Thank you for your support.



**Lindsey Humber**

<https://uk.virginmoneygiving.com/lindsey-peleman-humber-SAVMLMBONDS333-2020-2>



**Charlotte Smith**

<https://uk.virginmoneygiving.com/CharlotteSmith140>



**Eamonn McCarthy**

<https://uk.virginmoneygiving.com/eamonn-mccarthy-SAVMLMBONDS333-2020-209007>



**Lowrie Fothergill**

<https://uk.virginmoneygiving.com/Lowrie>



**Eileen O'Brien**

<https://uk.virginmoneygiving.com/eileen-obrien-SAVMLMBONDS333-2020-237817>



## CARAVAN HOLIDAY!

The caravan is available to hire by anyone with a disability, with their family, friends, partner or carer. We are also able to work with schools, homes, charities and local authorities to offer this facility when arranging or funding short breaks for their clients and families. Our affordable and fully adapted caravan is available to book from March to November.

Located on Haven's "Church Farm Holiday Park" in Pagham, West Sussex, it is situated near to the main complex and offers a high standard of accommodation and everything you could want, from on-site entertainment to a quiet stroll on the local beach and nature reserve. Our caravan includes a hoist, wet room with aids, two twin bed bedrooms and a double sofa bed in the lounge. It has central heating and is extra wide to provide maximum space and comfort for wheelchair users. It has a ramp access with a raised patio area and parking to the side.

For further information please see our website:

[www.garwoodfoundation.org.uk](http://www.garwoodfoundation.org.uk)

or contact Maryam Bouregaa Tel: 020 8686 9866 / mob: 07496 887751

Email: [maryam.bouregaa@garwoodfoundation.org.uk](mailto:maryam.bouregaa@garwoodfoundation.org.uk)

For bookings email: [holidayhome@garwoodfoundation.org.uk](mailto:holidayhome@garwoodfoundation.org.uk)





## **DONATIONS**

The Garwood Foundation would like to thank the following for their generous donations:

Peter Edwards and Anne MacDonald  
The Croydon Symphony Orchestra  
Chipstead Christmas Parade  
Croydon Bowls Club  
Asda Wallington and Asda Foundation.  
AMETEK Penge

## **THANK YOU!**

Please remember if you wish to donate, where possible to gift aid any contributions which should be addressed to

**“The Garwood Foundation”  
Bramley Hill Day Centre  
27 Bramley Hill  
South Croydon  
CR2 6LX**

Email: [bramleyhill@garwoodfoundation.org.uk](mailto:bramleyhill@garwoodfoundation.org.uk)

Web site: [www.garwoodfoundation.org.uk](http://www.garwoodfoundation.org.uk)

You can also follow us on Facebook and Twitter

Registered Charity Number 272905  
Company Registration Number 1285858

## SPRING WORD SEARCH

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DAFFODIL, FLOWER, AWAKENING, ALIVE, EGG,  
CHIRPING, GARDENS, SUNNY, FLORAL, SINGING,  
COLOURS, SEASON, GREEN, GROW, LAMB,  
CALF, SUNNY, SNOWDROP, TULIP, THAW,  
EASTER, HUNT, HATCH, CHICKS, BUNNY,  
BUTTERFLY, BLOSSOM, CLOUDS, BUD, DAISY.

