

April  
2021  
Issue 4

# Surrey Choices

News



Checked by the  
**Quality Communication  
Group**

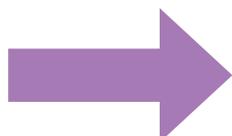
**Surrey**  
**Choices**  
Every Life, Every Chance

# A message from the Managing Director

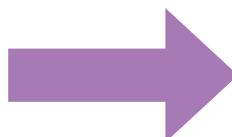
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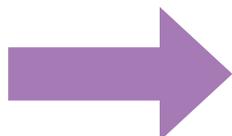
## Welcome



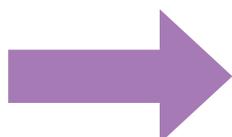
Welcome to our newsletter where you can read about what we have been up to and what we are working on.



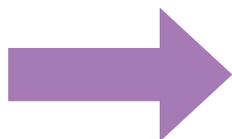
I hope you and your family have been keeping well; remember you can get in touch with your team at any time if you need support.



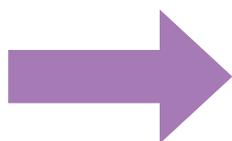
We are now one year on from the first lockdown and as Spring arrives, we are feeling very hopeful for the future, starting with being able to see our loved ones outside again.



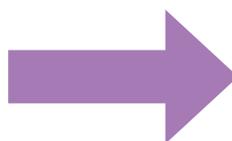
Surrey Choices staff have been receiving the Covid-19 vaccine over the last few months. Many are now beginning to have their second jab. You can read more about our services and Coronavirus on our website [here](#).



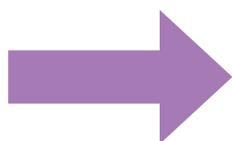
As part of our Changing Days programme, Surrey Choices have been listening to your feedback to provide support that you want. You can read more about Changing Days [here](#).



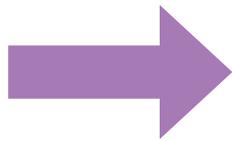
We have been working with you and your support networks to create a Person Centred Plan. This will show us what sort of life you want to live, so together we can plan activities that meet your needs.



Community Choices is about supporting you to do what you want, at a time and on a day that you would like.



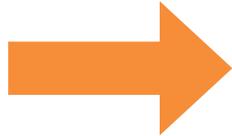
We recently shared an Easy Read guide with Day Services explaining what Person Centred Planning is. You can see the guide [here](#).



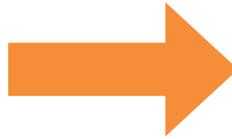
Surrey Choices has also created some new services from feedback you have given us about the types of support you would like. You can read more about this on Page 11 of this newsletter.

# Good News Stories

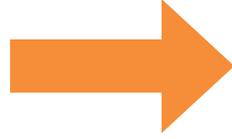
## Employment, Volunteering and Vocational Learning



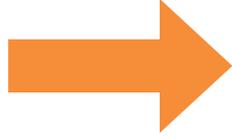
Lucy joined the Employment Works Programme with EmployAbility to try out different work placements which best suit her interests and skills.



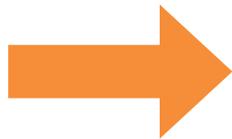
As a result of her work placement in the catering hall at the University of Surrey, Lucy secured a paid catering job providing meals for staff and patients at Nuffield Hospital.



Lucy worked in her role throughout the Coronavirus pandemic. Lucy and everyone she works with were recognised and given the British Citizen Award for their support.

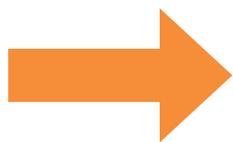


Lucy said **“The award made me, and the rest of my family, feel proud of my achievements.”**

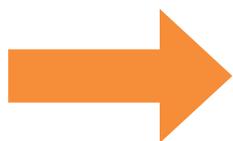


[Click here](#) to read Lucy's full story on our website.

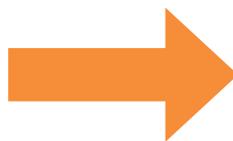
# Independent Living and Life Skills



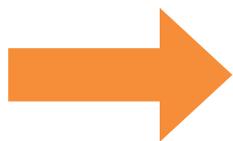
Jenny has Profound and Multiple Learning Disabilities which means she needs round the clock care and support.



Jenny, her Personal Assistant (PA) and Surrey Choices have been taking part in online baking sessions as part of Jenny's Person Centred Plan to boost her sensory experience.



Through baking, Jenny can feel, smell and see what she is making, and has been showing how much fun she is having through her laughter and eye contact.

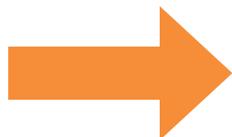


One day, Jenny was supported to make a Boursin Cheese, Spinach and Sausage Ring for her family, which went down a treat.



Jenny's happiness has increased as a result of these sessions, and she is showing stronger eye contact and laughing with her family.

# Friendships, Relationships and Community



The Fernleigh Speaking Up Group presented an Anti-Bullying presentation during February's Positive Choices meeting.



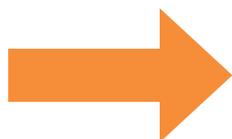
They discussed issues they had faced relating to bullying, and felt empowered to work through them with the support of their friends and staff.



The group spent a number of weeks going through Easy Read resources for their presentation and practicing reading their lines.

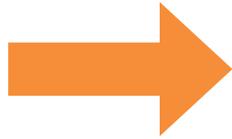


At the end of the presentation, the group were asked questions and they held a very lively debate around the topic.

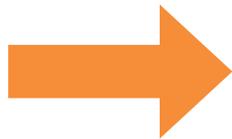


The presentation helped people to feel able to speak up about bullying and become more aware of the signs of bullying.

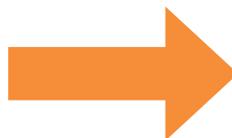
# Health and Wellbeing



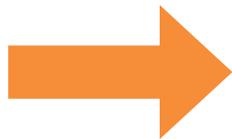
Musa, who is supported by Future Choices, was introduced to meditation by his father and it has always been important to his family to look after their wellbeing.



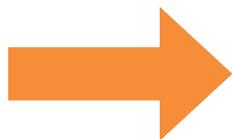
Musa was seeing the stressful impact that lockdown was having on his Future Choices friends and staff, and he wanted to help them feel better through meditation.



Musa ran a meditation class over Zoom, where he guided people to become more relaxed, helping them to find peace and calmness through breathing.



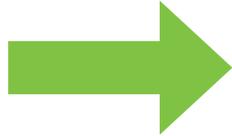
People who attended his class said Musa has a natural way of making them feel relaxed. He helped them feel more ready for a busy day.



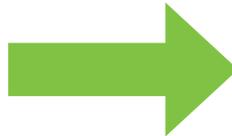
[Click here](#) to read Musa's full story on our website.

# Longmead News

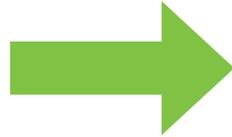
by Diego Acosta, Service Coordinator



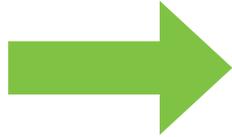
Longmead is a purpose built building based in the heart of Redhill, and is Surrey Choices' new and exciting community hub.



The new hub will provide people with opportunities for vocational projects, community support, IT and cooking groups.



It will have modern facilities for people with complex needs, including an innovative sensory room and Changing Places facilities.



We are very excited for the new hub as it will be in the centre of Redhill, supporting people to try new things and be a part of the community.

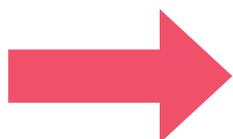


We are in the final stages of completing the building, working hard to create new opportunities for people. Our goal is to open in Spring 2021.

# News and Events

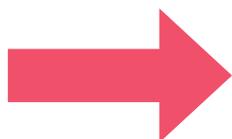


## Recognising You: 2021 Colleague Awards



Thank you to everyone who voted for the 2021 Colleague Awards. The people we support and staff are selecting the winners and they will be announced soon. You can see more on our social media pages found at the end of the newsletter.

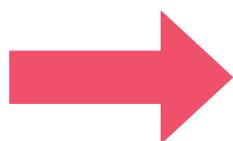
## Local Charity of The Year 2021



We are very excited to be supporting Surrey Disabled People's Partnership (SDPP), from April 2021 - March 2022. SDPP empowers people with disabilities to have rights, opportunities, choices and control over their own lives to achieve independence.



If you have any ideas on how we can support the charity, please get in touch with [talktous@surreychoices.com](mailto:talktous@surreychoices.com).



You can also support SDPP by making a donation through our online fundraising page here:

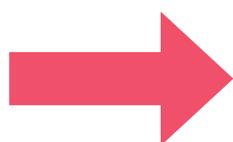
[uk.virginmoneygiving.com/surrey-choices-sdpp](https://uk.virginmoneygiving.com/surrey-choices-sdpp)

## New Core Values

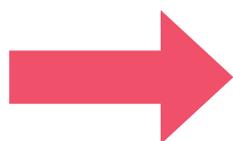


Over the last few months, we have worked with the people we support and our staff to come up with new Core Values which show the things that are important to Surrey Choices. [Click here](#) to see our new Core Values.

## Digital Choices



Surrey Choices Digitisers have now supported nearly 150 people to get online, to take part in our online sessions and keep in touch with their friends and loved ones.



Each week we provide over 50 different online sessions, which has been helping people to continue learning new skills at home and reduce isolation. Visit [surreychoices.com/digital-choices/](https://surreychoices.com/digital-choices/) to see the weekly activities.

# New Services



Over the last 12 months, Surrey Choices has worked hard to continue supporting people during lockdown in many new ways. We have also launched a range of new services in response to the types of support people would like.

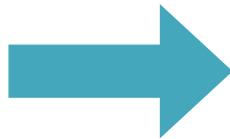


Travel Choices offers support to young people all over Surrey, creating a personal plan with them to help with travel training, so they can travel with confidence. Find out more about Travel Choices [here](#).

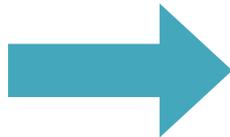


Employment Works for Autism is our programme aimed at autistic people looking for jobs. If you are interested in Employment support, find out more information [here](#).

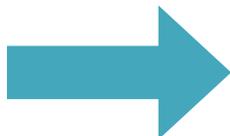
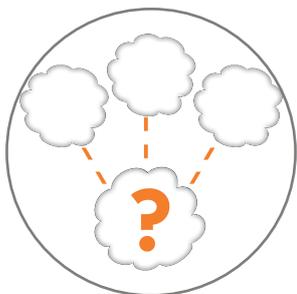
# What would you like to hear about next?



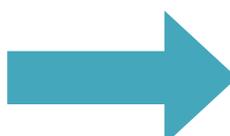
The next newsletter will come to you in October 2021. This will be sent by email.



Please talk to your Key Worker or email [talktous@surreychoices.com](mailto:talktous@surreychoices.com) to make sure we have your email address so you can hear our latest news.



We would like you to tell us what you want to know more about. Please let us know by emailing [talktous@surreychoices.com](mailto:talktous@surreychoices.com)



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