

## Are You on Self-Directed Support or a Personalised Budget?

Fantastic Opportunities, Activities and Programmes to Achieve Your Care Plan

Welcome to our second newsletter for 2011. This newsletter gives you an update on current activities, feedback from people already involved and benefiting from joining us at Sheffield Manor Lodge, and some tempting information about new activities you may be interested in.

Sheffield Manor Lodge is Sheffield's hidden gem

- **a large, open and green site only a mile from the city centre**
- **magnificent views of the whole of Sheffield and beyond**
- **wonderful flower meadows**
- **a working farm and farm shop & café**
- **our heavy horse, Big Lad, pigs, hens & rabbits**
- **a warm welcome from our staff and volunteers**

Sheffield Manor Lodge has a fascinating history and you are invited to be a part of its equally fascinating present and future.

Call us now to find out how you can join us, have a chance to directly contribute your valuable time and energy into enhancing the site still further, and see the positive impact you can have on the local neighbourhood and community.

For more details, or to arrange a visit please call Rosie or Juliet on 0114 276 2828.

## Cook, Lunch & Learn - A Food Lover's Dream!

We have a very exciting and tasty activity session with a focus on enjoying and cooking food. This programme will run every Thursday and will be based at York House on City Road. It will be run by our on-site chef, Tony, and the group will be kept small so you can have the most out of your time with us.

*Please note – places on this programme are limited to 6 people only The start date of the programme is Thursday September 15th. Cost - £40 per day*

### What will I get from the programme?

- You will learn some basic cookery skills and do some baking or cooking each week
- You will sit down & eat a lunch that you have helped to prepare together every Thursday
- You will be given practical help to make the most out of your weekly food budget
- You will learn about healthy eating, portion control and balanced diets
- Once a month you will cook a meal and serve it to an invited family member or friend for them to enjoy
- You will receive a personalised learning plan & weekly menu card which focuses on your individual food interests & keeps within your food budget.

Tony is keen that you get the chance to develop your food knowledge and cookery confidence. When people in the group are ready there are a number of options, including : –

- Bulk-buying together to reduce weekly food costs
- Taking advantage of the proposed FareShare supermarket re-distribution scheme project here at Sheffield Manor Lodge
- Buying into one of the Community Allotments to grow and use your own fruit and veg
- Doing outside catering for other groups who visit Sheffield Manor Lodge or providing catering for events run on site

We will be holding an **Open Day** on **Thursday September 8<sup>th</sup>** from 10.00am until 2.00pm at **York House** for you to come and meet Tony and hear more about the programme.



For more details, or to arrange a visit please call Rosie or Juliet on 0114 276 2828.

We have two other major programmes for people in receipt of SDS already up and running – Manor Oaks Farm and Stepping Stones. Here is what some of the people who have already joined our programmes have to say about their time with us –

SR has been with us for the last month –

'It's excellent! The staff explain things well to you. I don't like doing the same thing and we do different things every day. Everyone helps out and by lunch time we're all tired. I'm enjoying it, get along and get the job done. There's loads more I want to do too – you know, like tacking up the horse and that. I really appreciate what Green Estate are doing for me here. It gives me structure and routine and it's helping me put discipline in place. I like how on certain tasks things are broken down so I can understand them.'

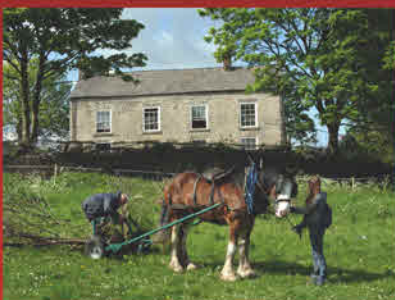
RK has been with us for 6 weeks –

'I really enjoy it here. I like doing different tasks each day to my ability. Sometimes I struggle with some of the tasks but that's okay because the supervisor then helps me do the task. I enjoy doing different things when I come so it's not the same thing. I really enjoy building stuff and seeing the animals happy because of what I do.'

SJ has been with us for 5 weeks –

'I enjoy working here setting up tables and chairs (for the Luncheon Group) and I enjoyed the seeding activity. I like helping with the Lunch club and I won the raffle for the second week running!

There are currently places still available on both Manor Oaks Farm and Stepping Stones – please call Rosie for further information or to book your taster session.



For more details, or to arrange a visit please call Rosie or Juliet on 0114 276 2828.



## We have two other food clubs we are starting in September

### **Eat Well, Live Well Club**

Every Saturday 10.00am from 3rd September

Manor Oaks Farm Shop

£2.00 per week

A healthy eating club with a difference!

- What will I get from joining the club?
- Tasty & healthy foods to try
- A forum to talk about weight & well-being
- Reduced fat but delicious recipes to try at home
- A way to stop yo-yo dieting
- A focus on portion sizes so you can still enjoy the foods you love
- A chance to keep a food diary
- An optional weigh-in

### **Everyone welcome**

CALL: Tony on 0114 276 2828 for more information & to secure your membership

### **Recipes Remembered**

Every Monday 1.30pm – 3.30pm from 13<sup>th</sup> September

York House, City Road

£5.00 per week

Aimed at people experiencing early onset of memory problems, dementia and Alzheimers

- Share your favourite recipes, stories and cookery knowledge from any part of your life
- see your favourite recipes re-created by our chef while you tell your memories about your dish, what it meant to you in the past and what it means to you today.
- taste the finished dish and talk about what you thought of it
- Take a portion home

Each week a different person contributes their own recipe, and once enough recipes have been cooked and tasted, the plan is to share them with the Sheffield Manor Lodge Children's Cookery Club and create a joint recipe book to capture them forever.

CALL: Juliet on 0114 276 2828 for further information or to book your place.

### **And Finally.....**

I hope you have enjoyed reading our Newsletter, the next edition will be coming in Autumn 2011. Please pass on a copy to any friends or family who you think may be interested – the more the merrier. photographs or ideas of your own to future newsletters.

For more details, or to arrange a visit please call Rosie or Juliet on 0114 276 2828.