

New & Exciting Activities for People on Self Directed Support



**Information pack for
Support/Care Workers and Care Coordinators**

Are you looking for new and different activities which are designed to enable your clients to progress and achieve their Care Plan targets?

Having been awarded an Innovation Grant by Sheffield Social Services, Green Estate is now keen to invite people in receipt of Personalised or Self Directed Support budgets to sign up for our exciting new activity packages.



About Green Estate

Green Estate is a not-for-profit social enterprise company based at Sheffield Manor Lodge. We are not a care organisation but have always aimed to deliver programmes with social benefits for the local community and beyond.

Sheffield Manor Lodge, our premier site, has –

- A Discovery Centre
- A Scheduled Ancient Monument
- A working Farm
- A Farm Shop and Café
- Artist Studios and
- Open parkland.

We intend to use every aspect of our site, the different venues and facilities, to ensure our care packages give each individual a chance to learn more about this fascinating site. Everyone who joins us will directly contribute their valuable time and energy into enhancing the local environment or understand the wider and positive impact their involvement has on the neighbourhood and local community.

For further information about Green Estate please visit our website – www.greenestate.org.uk or phone on **0114 276 2828** and ask for Juliet Grace or Sue Rose.

We look forward to hearing from you soon.



We currently are able to offer the following 3 packages

- **Stepping Stones** – an arts & crafts package with the opportunity to do a wide range of creative activities including creating your own wall hangings, designing & printing your own t-shirts or writing your own poems about things that are important in your life. You will also have the chance to visit & assist on the farm and learn more about the history of Sheffield Manor Lodge.



Based at the Discovery Centre, Manor Lane S2 every Wednesday morning 9.30am -12.30am or Wednesday afternoon 1.00pm – 4.00pm. Cost per half day session - £25 , full day £40.

- **Manor Oaks Farm** – a chance to be a part of a real working farm environment so no 2 days are quite the same. You will be looking after our chickens, working with our heavy horse & learning about the propagation of fruit & vegetable crops grown and harvested for sale in our very own farm shop which you can assist in running. You will also be able to help turn seasonal produce into tasty jams, soups, pies and soft drinks, and have a go at making seasonal crafts including bird boxes, Xmas wreaths, soap and candles.

Please note that lunch is not included though the Farm Shop café will be open serving a variety of hot and cold food and drinks.

Based at Manor Oaks Farm, Manor Lane S2 every Monday or Tuesday from 9.00am – 3.30pm. Cost: Per half day £25, full day £40

- **Shop, Lunch & Learn** – a package for all food lovers. Learn more about getting the most out of your weekly food budget, healthy eating & cookery. New foods will be introduced and tasted, recipe cards produced to use again at home and each day a new dish cooked to eat here with your friends or to take home for your tea. Dependent upon the interest of the group there will also be an opportunity to reduce food bills through bulk buying and a chance to buy into the proposed supermarket distribution scheme.

Based at York House, City Road, S2 every Thursday 10.00am – 2.00pm. Cost per session - £40

Please note that prices quoted do not include VAT.

For further information please call Juliet or Rosie on 0114 276 2828



Our Pledge to You

- **Green Estate believes that everyone should be given opportunities to achieve their full potential.**
- **Green Estate will offer inspirational places and projects for individuals to be associated with, and involved in, to expand their horizons and their options in life.**
- **All our packages have been designed in consultation with people with learning difficulties and people experiencing mental health issues.**
- **All the packages will be continually reviewed and adapted dependent upon the needs and interests of people who come aboard.**
- **The number of people accepted onto each half day or full day session will be kept low to ensure that the experience is valuable and the standard high.**
- **If a client wishes to move from one package to another we will assist them to do so.**
- **Every individual's progress will be monitored to ensure they are gaining from their choice of activity, and feedback will be provided as required.**
- **All our activity staff and volunteers are appropriately experienced and trained to ensure everyone who joins will have a chance to progress their individual Care Plan targets.**
- **Each individual joining our packages will be treated with respect and as part of the wider Green Estate team.**
- **Our Company's policies, practices and procedures have been amended to ensure that vulnerable individuals, groups, members of staff and members of the public are safeguarded effectively.**



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A Pathway to Recovery

Key Benefits for Clients on our Care Packages

Learning/New Skills

Level 1 : Will try new things with support

Level 2 : Tries out new skills/ learning and asks for support/ reminders

Level 3 : Picks up new skills straight away and is able to put them into practice

Level 4 : Is able to ask constructive questions to extend learning/ new skills

Level 5 : Can transfer skills/ knowledge learnt in previous sessions to inform a new activity



Choice and Independence

Level 1 : Able to make a choice about attending activity

Level 2 : Able to make a choice based on their likes and dislikes on how they interpret / undertake the activity

Level 3 : Able to ask for advice on how to personalise the way the activity is undertaken

Level 4 : Able to complete the activity without support

Level 5 : Able to complete the activity without support including contribute their own ideas

Interaction/Friendships

Level 1 : Are able to introduce themselves to others

Level 2 : Happily talks to others who approach them to chat

Level 3 : Actively seeks out people to talk to

Level 4 : Actively involves others in conversations they are having

Level 5 : Can recognise when others need space, time, cheering up etc and can respond to this

Structure/Routine

Level 1 : Are able to follow the structure of the session

Level 2 : Are able to inform others about where tea stuff etc is

Level 3 : Can anticipate tea break/ feedback/ end and ensures they and other members are ready

Personal Contribution

Level 1 : Taking part in part of the activity

Level 2 : Taking part fully in all aspects of the activity

Level 3 : Able to help set up/ clear away

Level 4 : Able to support other members of the group in an open and friendly way

Happiness and Confidence

Level 1 : Taking part in a new activity

Level 2 : Taking part in a new activity and interacting with other members or staff

Level 3 : Taking part in activity and sharing news/ stories with other group members and staff

Level 4 : Whilst under taking the activity interacting with other members/ staff and supporting others/ making jokes

Level 5 : Enjoying activity and able to make suggestions of ways to develop activities that aid their or other member's happiness/ confidence



Additional Benefits from Activity Include –

Physical exercise

*Physical exercise releasing feel good hormones endorphins which provide a natural mood boost which will benefit those suffering from depression or anxiety

*Physical exercise stimulates the Thyroid which helps to increase alertness and responsiveness which will benefit those with depression

*Promotes physical health and strengthens the cardio vascular system promoting all round better health and fitness

Art Based activities

*Creates a means for social interaction with other people within the group developing social and communication skills

*Introduces and enables people to try new types of creative materials thus providing a new experience and boosting confidence

*Art can assist those who are shy, withdrawn or have difficulty functioning in social situations and it can help to improve the quality of life and help improve well-being physically and emotionally.

*Gives experience of decision making as clients decide what information to share with their portrait pal.

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People who have joined Green Estate say.....

KJ - "I really enjoy coming here and do 2 days a week. My latest conquest has been on the new allotment and it's nearly finished with just the compost to add to the beds and then it is ready to start growing crops. It's taken hours of clearing a pathway, rubbish and brambles. I have enjoyed it and we have fun along the way as well as blood, sweat and tears - from laughing of course! Once we have the crops it will be sold in the farm shop. "



MD is now overseeing the hens on Tuesdays and Wednesday, Mark has been with us for a few months. He is a very quiet person until you mention hens and his eyes light up and you can't stop him talking about his hen house. Here is what he has to say....

"I love looking after the hens and can not wait to get here on a Tuesday. I clean the hen house out and place clean straw down for them, I collect the eggs and I have named all the hens. I have learned a lot about hens and what they need."

MH - "I have Asperger's syndrome and I have been here for 4 months now. It takes me 2 hours to get to the centre, but I don't mind as I enjoy it so much. There is so much history here, which I love anyway. I enjoy this kind of thing as it gets me involved with different visitors who I love talking to about the centre and its history."

FK has joined the Manor Lodge Luncheon Club - "I'm a young pensioner of 80 and I was bored and wanted to get out more. I wanted to get involved in something that I could get my teeth in to, something that would keep me occupied for a bit - take my mind off my age. It's a shame to think that there might be some elderly people out there who are at home by themselves because they haven't heard about the fun we're having at our club. Anyone over 55 will be more than welcome at our club - the more the merrier. We're a good friendly crowd."

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