

Dear Friends,

I hope you enjoy our Easter edition of Reaching Out. It has certainly been a busy start to the new year with everyone fully committed to developing our projects and services and supporting people, who for whatever reason are going through a particularly difficult period in their lives.

Our Coleshill Day Services offer a varied programme of activities both within the day centre and out in the community, for people with moderate, severe, and profound and multiple learning disabilities. The tailored service is for adults aged 18 or over. It provides a safe, happy and welcoming environment where people can enjoy new experiences and above all have fun. The dream of our Centre Manager Karen has always been to introduce a Sensory Garden and with the support of Balfour Beatty Vinci,



that dream is set to become a reality. The old, uneven, broken and waterlogged external space has been stripped out, levelled and re-laid, and is now ready to be brought to life. A sensory garden is all about stimulating and engaging the five basic senses of sight, smell, sound, touch and taste. This type of garden not only allows us to connect to nature but encourages you to become more aware of your surroundings and your response to them, tapping into the principles of mindfulness.

We are now busy fundraising for items such as plants, pots, raised beds, benches, garden furniture, a gazebo and a shed. If you feel you are able to help us do this and at the same time really enhance the work of our Day Services please email enquiries@fatherhudsons.org.uk or call 01675 434000.

If you would like to discuss any area of our work please do not hesitate to contact me at kevinhateley@fatherhudsons.org.uk

Volunteer and make a difference



Invite you
to their

Volunteer Open Day
Wednesday 8 May
10am



Tabor Living in Birmingham are looking for volunteers to support people to move on from homelessness and onto independent living.

They have 3 volunteer roles available, with a variety of shifts:

- Activity Lead
- Community Support
- Hospitality Volunteer

To find out more join them at 10am for a presentation, tour and a chance to ask questions.

Please email taboradmin@fatherhudsons.org.uk or call 0121 647 5106 if you're planning to attend.

Know Your Neighbourhood

The final celebration event for the Creative Lives Programme, which brought together, our Young at Heart group, the Beth Johnson Foundation, MHA Communities North Staffs, and the LGBT Older Peoples Group, was a great success.

Alex, [Young at Heart's](#) project manager was so pleased with the turnout of our final event, the feedback she had received was fantastic, and the attendance was over 200.

Creative Lives funded the four charities to work towards one common goal: to combat loneliness and strengthen resilience, in ageing communities.



Our Know Your Neighbour Celebration was the final of a handful of events, which have been set up over the recent months. We held an intergenerational cookery session, which was held every week throughout the school holidays, and this was accessed by roughly 40 people.

Beth Johnson focused their sessions on clay making, offering workshops for all ages.

MHA Communities held Indian cooking classes, delivered by a local Indian chef. Finally, The Older people LGBT group, held singing workshops, focusing on positive mental health and togetherness.

All of these sessions were aimed at targeting isolation and creativity in the community. Young at Heart decided to involve the wider community, inviting other charities, and organisations to hold stalls, raising awareness of how they can support people.



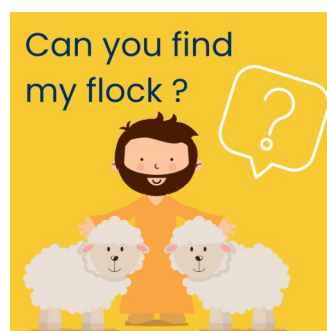
"We have had a fantastic group of volunteers, from all the organisations, and we have all pulled together beautifully. It's been fantastic". Alex, Young at Heart

Our 100th Good Shepherd



Margot had the pleasure of delivering our 100th Good Shepherd Assembly at St Thomas More Catholic Primary School, Coventry. The response from schools across the Archdiocese has been wonderful and it has been a pleasure to meet everyone and share with them the range of work we are involved in.

New Website



Our new website is now live and we are running a competition to get people visiting it. Our Good Shepherd has lost his sheep and they are running amok on our website. Like, comment with the number of sheep and share our social media posts to enter. Thanks to Zephi for all their hard work on our website, we're thrilled with the result.

Rich wins Gold (twice!)

Richard is a resident at St Vincent's and this year he headed to Folgaria in Italy to take part in the Special Olympics Great Britain National Winter Games. He is part of the Special Olympics West Midlands Ski Group, who regularly train at Ackers Adventure dry ski slope. They compete in regional competitions around Great Britain for the chance to take part in the national winter games.

Rich's Mum, Jo, said, *'Richard has been skiing for 21 years. When he was 11 Rich went on a ski holiday to Morzine in France. It was a scary start for him, on the nursery slopes, wrestling with button lifts, learning to control his skis but Rich was brave, stuck at it, and by the end of the week was relatively safe on a pair of skis and liked it. Soon after we found out about WMSO Ski Group, Rich started*

going regularly, and with the support of the brilliant volunteer coaches, his skiing improved and progressed which enabled Rich to be ready for action. '



Rich won his medals for the Slalom and Giant Slalom in the intermediate male category. When asked how he felt about his win Rich said, ***'Brilliant, I didn't expect it at first'*** Congratulations Rich, we are so proud of you!

Children's Fostering Panel - an interview with a difference

One of our fostering applicants had an interview with a difference when she made these cardboard models with two children from our Children's Fostering panel. The children were full of excitement and brimming with energy after the activity.



If you're interested in fostering get in touch



Call 01675 434025

Email newroutes@fatherhudsons.org.uk



After supporting the children in creating these models the applicant then had to face our lovely Children's panel to answer some interview questions. She said that although she was nervous at first she thoroughly enjoyed the experience!

Charity Skydive Do Something Amazing!



Hinton Airfield | Sunday 19 May

Father
Hudson's
Care

£500 minimum sponsorship
required
£70 booking deposit is required

Skydive Sunday 19th May

Our first sign up for our very first skydive event is Bethney from Fundraising, Communications, and Marketing.

Bethney said ***"I'm really looking forward to jumping out of a plane! Raising money, whilst doing something fun, what more could you want?"***

If you would like to join her contact Lauren today on 01675 434000. If you would like to donate to Bethney's jump, scan the QR code to head to her JustGiving page.



116th Annual Fundraising Ball



Our 116th fundraising Ball came back with a bang last weekend. The event held at St. Johns Hotel, Solihull raised £9163, which will go to support our Brushstrokes project, in Smethwick.

Special thanks must go to the band 'Movida' who were superb and made sure the dancefloor was full throughout the evening. It was great to see so many new faces, and to welcome back a number of regular supporters.



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I did full time night shifts and then got the bus straight to the Brushstrokes classroom because one day I will practise medicine as a doctor again, as an NHS GP. That is my overall goal even if it takes years. It is a goal I will achieve. I am determined.

Assayed, a doctor from Sudan and a refugee

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[Publications - Commission on the Integration of Refugees \(refugeeintegrationuk.com\)](https://refugeeintegrationuk.com)

Commission on the Integration of Refugees report

In November 2022 Brushstrokes were visited by the Commission on the Integration of Refugees as part of their evidence gathering. They heard from Assayed and Ethel from Brushstrokes service user panel who had lived experience of being a refugee and integrating into the UK.

Brushstrokes provided evidence and supports the recommendations of the report - especially linked to the need for access to English language classes and employment support.

Assayed was supported by Brushstrokes to complete his Occupational English Test (OET) and is now working as a GP in Birmingham.

Very last word - a message from our Chief Executive

Gold. Pure gold. Double ski champion, Richard. How important is it to see the ability not the disability. Even more important to see the person beyond any ability or disability. As well as his skiing prowess Richard appears with Carrie on our short film about inclusion. Writing this on World Down Syndrome Day I can honestly say that the way he speaks in this film about how an extra chromosome means that he is seen as

different gives the most helpful account I have heard of the consequences of this and the challenges he faces.

It has been an honour and a pleasure (and on occasion a challenge) to work for Father Hudson's for nearly 20 years. I think the words of Mahatma Gandhi ring out clearly amidst the clamour of alternative life proposals "the best way to find yourself is to lose yourself in the service of others" and in the words of Christ 'if you did it to one of the least of these brothers and sisters of mine you did it to me.'

I want to thank you for the wonderful support that you give to Father Hudson's—please never underestimate the difference your generosity and support makes.

Father
Hudson's
Care

www.fatherhudsons.org.uk
enquiries@fatherhudsons.org.uk

01675 434000



Father Hudson's Care is a working name of Father Hudson's Society. Charity no. 512992.
Supporting people in need to improve their quality of life.