

**We support people with disabilities to be healthy because good health is key to a happy fulfilled life**



**We believe that people with disabilities should be able to have tailored health support – this is why we fully support the Health Charter by Public Health England. It reminds us all to commit to meeting the health needs of the people we support.**

### **FitzRoy Health Week Blog**

“We decided to try different fruits by putting them in smoothies. It’s amazing what exotic fruit you can buy these days. We had dragon fruit, greengages, plumogranets, papaya, and figs. As well as the more usual fruit such as strawberries, grapes, oranges, and kiwi.

We had some mixed reactions to some of the flavours – the vegetable one didn’t go down well! The favourite was blueberry, raspberry, plum, and pear. Alice, one of the ladies we support, is not usually very good at drinking. However, she tried all of them and seemed to enjoy each one. In future if she is not drinking we can offer her a smoothie.

This was a great way to get the people we support to eat fruit, because some are unable to eat fruit pieces but can manage a drink.”

“**Rupert preferred his fruit whole or in pieces and was trying to eat all of it before we could get it in the blender!**”

Judy Goodchild,  
Service Manager



“**Through setting everyone the challenge to focus on health for a week we saw everyone benefit.**”

Kirsty Millward,  
Quality Manager FitzRoy







# People we support take part in the Manchester Big Fun Run



**A little wind and rain didn't deter our 20 FitzRoy Trafford Fun Run participants from the start line. The aim was to run, walk, or wheel the 5k course around Heaton Park to raise money and fun along the way.**

"Eight people who use Trafford Day Service took part in the Manchester Big Fun Run. Some had never walked 5k in one go before. After a quick group warm up, Team FitzRoy set off on foot, or in their electric and manual wheelchairs. It was great to see so many familiar faces from friends and families cheering us on along the route.

With amazing stamina, everyone we support who set off made it round the course to cheers from the crowds

at the finish line. A special mention to Helen and Sharon, they were determined to go the distance and they didn't give up!

It was a fantastic day out full of laughter for the whole team. Most of all, it got everyone working together and gave people a brilliant sense of achievement. We also raised a bit of money for the service along the way. We can't wait to plan our next challenge!

**Ramsey Bayati, FitzRoy Community Fundraising Coordinator**

 Want to get involved in your own community event?

Go to our [www.fitzroy.org/events](http://www.fitzroy.org/events) to have a look at some of the things you could do.

## FitzRoy campaign wins a coveted Third Sector Award

Our campaign, which looked at the fears parents of people with learning disabilities, gave a powerful voice to a major issue; what will happen to people with disabilities when their parents are no longer around to look after them. So deep is this fear that many parents told us they hope their sons or daughters die before they do. One parent summed it up: "Who is going to look after my daughter when I die, whose responsibility is it? I was at the hospital for 46 days and 26 nights with my daughter. Who will do that when I die?"

To read our report "Who will care after I'm gone?" go to [www.fitzroy.org](http://www.fitzroy.org)

"We are absolutely thrilled that this work has been recognised by leading industry experts. We are proud to have been able to give families a voice, and that FitzRoy has been recognised nationally, up against big charities."

**Anna Galliford, Chief Executive, FitzRoy**





## FitzRoy Blog

**An evening full of laughter, dancing and celebration in FitzRoy Nottingham**  
Beverley Pearson, Community Fundraising Coordinator, told us more.

"We got together to celebrate the achievements of the people we support and our dedicated staff. A local football club hosted the event, and provided a delicious buffet. The people we support were first to get their awards in categories such as Gaining Independence, Managing Change, and Community Presence. All winners received a certificate of achievement and a miniature Oscar trophy.



Staff won awards for Being Person-centred, Going the extra mile, and Using Initiative. We held a raffle and rounded off the evening with entertainment from Bob Jennings, a parent of a resident in FitzRoy Supported Living. Bob sang and played tunes that got everyone up and dancing the night away. Seeing all the happy faces and the new found confidence many showed made the evening special. In particular Andrew Dove who finds it a struggle to engage with anyone at our coffee mornings was a different person, joining in the fun, smiling and dancing."

"The evening was brilliant. Everywhere I looked I saw happiness and enjoyment."

**Kimberley Cockram, Service Manager**



To find out more about how FitzRoy values independence for people with learning disabilities read our services pages.

[www.fitzroy.org/services](http://www.fitzroy.org/services)



“**There are no boundaries when you set your mind to something.**”

"The residents of FitzRoy Leo Trust have a long established relationship with Jo Frater, a wonderful dance therapist and owner of Confidance. So we were thrilled when she invited the people we support to a theatre group called Mind The Gap - England's largest professional learning-disabled theatre group, to watch their show. Seeing people with learning disabilities on stage opened all our minds and inspired the people we support to think about what they could achieve.



Jo came to me shortly after the show and told me that the Gulbenkian were opening a stage to people with learning disabilities to put on a show in June. I jumped at the chance. After 16 weeks of rehearsals with Jo, and a brilliant dress rehearsal in the theatre, Judith Hatcher, Jonathan Burrowes, Keith Brown and Oliver Hodge took to the stage.

Along with members of Confidance, they gave an unforgettable performance, you could feel the emotion in the theatre. Afterwards Frances said how proud they were to be part of Confidance and how amazing Jo was. She also said how much they loved dancing, they had learned a lot, and that someday they could be really big. The look of joy, pride and happiness on the faces of all those involved was wonderful. Since the performance, we have seen how much they have changed and grown, and their confidence has soared.

Our sincere thanks go to Jo Frater who is an amazing teacher, a woman with great patience, and a true belief that there really are no boundaries. When you set your mind to something, anything is possible."

**Justine May,  
Service Manager, Leo Trust**

For more information about FitzRoy Leo Trust go to [www.fitzroy.org/centre/fitzroy-leo-trust](http://www.fitzroy.org/centre/fitzroy-leo-trust)

**Order your FitzRoy Christmas Cards now!**

We have four festive cards for you to enjoy this year. To order, either fill the order form in, or call FitzRoy fundraising on 01730 711 107.



To find out more about how FitzRoy values independence for people with learning disabilities read our services pages.

[www.fitzroy.org/services](http://www.fitzroy.org/services)

# Donation Form

Help us transform lives. Your donation, large or small, will support someone with a learning disability to live more independently.

Thank you.

**Online donations** visit [www.fitzroy.org/donate](http://www.fitzroy.org/donate)

**Cheque Donations** please make your cheque payable to **FitzRoy Support** and return it to FREEPOST RLTB-UUSU-LCKT, FitzRoy House, 8 Hylton Road, Petersfield, GU32 3JY

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Please debit my card for the sum of £  .

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I am a UK taxpayer and would like FitzRoy to treat all donations I have made in the last four years, and all donations I make hereafter, as Gift Aid donations. I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all charities or Community Amateur Sports Clubs (CASCS) that I donate to will reclaim on my gifts for that year. I understand that other taxes such as VAT and Council Tax do not qualify.

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**FitzRoy has been shortlisted for the Best Not-For-Profit Training Programme 2016, in this year's Training Awards.**

We caught up with Heidi Waight, who runs it.



"I've had the privilege of working for FitzRoy for 6 years, during which time there have been a great deal of changes and challenges in the care sector. The latest was the introduction of the Care Certificate. This made us think about what we train, how we train, and how effective our training is. To make the necessary changes we went back to basics – our values – to make the right decisions to deliver a values-based, sustainable training programme. We are delighted with the response from our staff, and it is a privilege to be shortlisted for this award."

Heidi Waight, Organisation Development Manager

## Join the conversation

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thank you very much