

News Matters

Christmas 2022

 Home Support Matters We're here because we care

Merry



Christmas

Have you visited our new website?

We launched our new website on 9th December. It's been a long time in the making and we're super proud of it.

The site is brought to life by the many fabulous people – all colleagues and customers - who feature on it and star in the videos.

If you've not yet visited, do take a look and check it out. [View the new Home Support Matters website here.](#)



The site has a strong focus on recruitment, so if you know someone who could be interested in working with us, then please do share the link.

[You can view our current vacancies here.](#)



www.homesupportmatters.org.uk

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Happy Birthday Home Support Matters!

Home Support Matters held a special event in Beccles on Friday 9th December to celebrate its fourth anniversary and the launch of its [new website](#).

The event was an opportunity to reflect on the journey the business has been on over the past four years, celebrating and acknowledging the wonderful care and support provided to customers by colleagues on a daily basis.

It also offered the opportunity to thank the customers, friends of the business and care/support colleagues who helped create the website and who feature in the photos and videos on the site. Human Resources Advisor, Sara Basey-Fisher (right) did a brilliant job giving guests a tour of the site on the big screen.



Above: Sara gives an overview of all the new web pages and videos.
Below: the amazing team who came to our launch party.



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Event hosts Su Carver, Care Delivery Director, and Sara Basey-Fisher HR



Andrew and family pictured with Michelle Pomfrey, Lynn James, and Su



Hannah Twaite and Fiona Sinclair, Training and Development Coaches



Rosa Paulino, Tina Mills and Claire Pilkington



HR and Recruitment Team; Tina, Sara and Claire



Therese Bennet, Support Worker, and friend enjoying the event.

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Sally Palin, Quality Manager, and Group MD Sarah Stock enjoying a catch up over tea and cake!



Angello and Rebecca Keers with their thank you hampers for starring in our videos.



Jo Duale with her lovely thank you hamper for her modelling in the photos.



Model and video star Paul Eaton with his thank you hamper. Paul's onto Hollywood so he claims... We know he won't leave HSM 😊

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Aisha Fisher, Care Worker and Care Coordinator, with her thank you hamper for her wizzy ebike riding and video performance.



Sarah Jarvis, Andrew Thurtle and baby Braden with their modelling thank you hamper.



Paul's Mum and Dad, Kevin and Claire, receiving their thank you hamper for allowing us into their home and being top models 😊



Chris with his lovely thank you hamper for kindly allowing us into his home and featuring in our video.

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HSM Christmas card competition

Home Support Matters held its own Christmas card competition for customers, with the winner's design being made into a printed card.

It was so difficult to choose from the many lovely entries that we selected two runners-up, with all three winners coming from our Supported Living service.

Our winning entry was Leah Ardley-Forder's the Christmas pudding (right). The runners up were Louise Booty's the Christmas tree (below left) and Nicole Howes's bauble (below).

Our photos show the winners with their entries and certificates, they also each receive a Love2shop voucher.



A special mention goes to Glenn Hazell (roses) and Eileen Johnson (Christmas tree) for their entries shown below.



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Congratulations to our award recipients

Home Support Matter values the commitment of colleagues and recognises key service anniversaries with a congratulatory certificate and Love2Shop vouchers. Our 9th December website launch and birthday celebration was the perfect place to present our most recent recipients with their awards.



Rosa Paulino, Enhanced Care Worker/Quality Administrator, receiving her two year service recognition award.



Angelo Lopez, Enhanced Care Worker, receiving his five year service recognition award.



Lynn James, Lowestoft Care Worker, receiving her five year service recognition award.



Customer Becca receiving the Colleague of the Year award on behalf of Support Worker, Mary Ross.

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Achieving equality through sports

Felix Chivite-Matthews has been supporting HSM's supported living customers with accessing sports venues for about six years now.

We asked him to share some the experiences so others can perhaps try them and experience how doing sport can benefit both customers and care/support workers.



Fresh water swimming, canoeing, hiking, and cycling

Simon and I go to Sea Palling about once a month. When the weather is warm, we take our shoes off and walk in the water. Sometimes, we even have a swim. We usually take a long walk all the way to Horsey Gap and stop to see the famous seals. I still remember the first time Simon saw a seal, he was so excited. We didn't realise that a bit further on we would see hundreds of them! Simon is a very fast walker and I often struggle to keep up. I think it is great for a person with a disability to actually outperform his Support Worker. Suddenly, he is the one who can, and I am the one who struggles: quite a role reversal!

In the summer we will take to the waters in a canoe working as a team to navigate and paddle along the beautiful waters. The river Yare water is cold any time of year so, after a cold-water swim, a quick drive to the city and a good meal makes a great outing and you get a feeling that you have done something different. It is a lovely adventure a stone's throw from Norwich.

When it comes to cycling, customer Paul. is really into it. We go from his house all the way to Whitlingham Great Broad and around the park. We then stop for cake and a drink at the Flint Barn cafe before cycling all the way to Thorpe St Andrew for a meal out, and then back to Paul's house. Altogether, we spend around three hours on our bikes, and we do that every Friday when the weather allows it! The fact is, cycling really is Paul's thing.

Norwich 10k

Customer Simon W and I have been training for the Norwich 10k for about three years and we finally got a chance to run it in October 2022 (the event got cancelled twice before because of Covid-19). Our training involves running on the treadmill for about 80 minutes once or twice a week at the Sports Park gym. Simon lives a bit far from Norwich, so driving into the city and accessing the sports facilities is a great outing for him (and for me too!). We completed the race in 72 minutes for me and Simon took 74. Simon was very proud of himself, but I think what really matters, more than the medal, is his sense of achievement after the long period of preparation.

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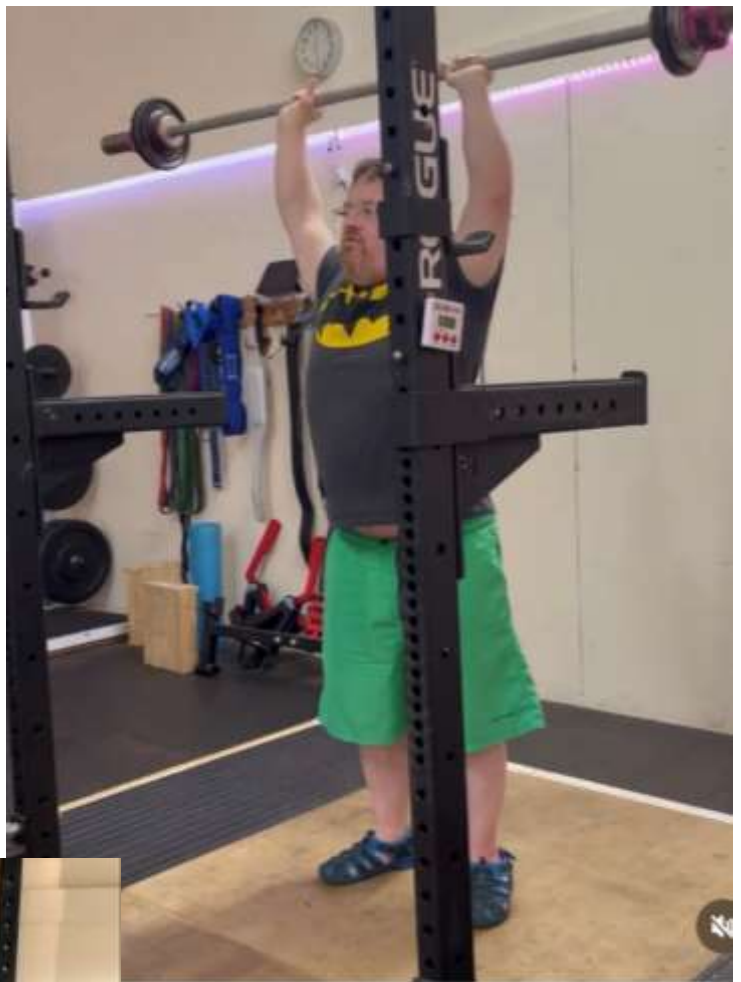


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Strength training

Someone who used to love basketball and swimming is another Simon, Simon M., but now he is concentrating on strength training, which involves lifting weights in a controlled manner with a one-to-one coach.

Carl G. is also training at Norwich Strength Training and finding it very rewarding. In Carl's case, it was difficult to find a sport that he would enjoy. His care team and family spent years trying to motivate him to be more active, but it wasn't till we found Norwich Strength Training that he started taking sports seriously.



The difference here is that the sessions are private, so it is very good for people who need a lot of direction.

Both Simon and Carl are very proud of their achievements as the benefits are clear almost from day one: energy levels go up and there are improvements in posture, mood and concentration.

Sometimes you look at those weights and you think "I'll never be able to lift that!"; so when you actually do it, you feel like you are breaking through a barrier. In fact, you learn to believe in yourself.

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Tennis, football, basketball, crazy golf and indoor swimming

Both Simon and Paul enjoy playing tennis in the warmer months. Simon and I have been playing tennis for about three years and he has been getting better and better at it, which means that I must run more and hit the ball harder. We play excellent rallies, and he counts how many times we have hit the ball: "that was eight. Good tennis!", he says. And I reply to him: "you do like to make me run!"

A big favourite amongst the people I support is football.

Customer Carl loves to go to Eaton Park Crazy Golf, Pirate Island Adventure Golf or Congo Rapids Adventure Golf. Carl takes his crazy golf very seriously and has been getting quite good at it. Apart from a healthy time outdoors, it offers our customers a chance to beat their support worker! It is also quite a sociable activity, as groups of customers and support workers can play together.

Paul and I go to Riverside Leisure Centre when the weather doesn't allow us to go cycling. We do have a good laugh in the jacuzzi as it resembles a big cauldron where we are being cooked! After the jacuzzi, we go into the steam room and then we take a cold-water shower, which, in the winter, is freezing. After doing those two or three times, we are invaded by a great feeling of relaxation and ready for our meal out.

After reading this, you'll be tempted to think that I get paid for having fun, and you'd be absolutely right! I love doing sports with our customers and they know it: they know we are equal partners in a sports challenge.



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