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**The Next Step Trust
 Providing New Opportunities
 for young people**

Meet This Year's New Starters!

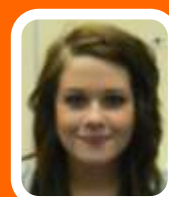
It's that time of the year again when our numbers swell, both with staff members and Next Steppers. We would like to welcome ALL our new starters!

NEXTSTEPPERS:

James and Kurt (pictured) started in September and Dominic is now with us part time. Luke, who has attended during out of term-time, has now joined us full-time after completing three years at Henshaws College.



James and Kurt



STAFF: (From left to right) - Veronica, Anna and Karen are our part-time starters and Carly and Chris are now working full-time. We would also like to welcome Susan who has recently joined the kitchen team.



Making Good Use of the Sensory Garden...

On Friday 2nd July we held our 'Independence Day Garden Party' in our shared Sensory Garden. The sun shone and we welcomed many visitors including the Deputy Mayor of Calderdale.

Staff and Next Steppers worked hard to prepare and man stalls selling plants and homemade goods to parents, carers and guests, the proceeds of which will all go towards the minibus fund.

Also, Jill provided one of her delicious strawberry cream teas in the kitchen.

The day was a great success and raised £270.



Also...Don't Forget our Volunteer Garden Sessions!

These take place on the first Wednesday of every month (weather permitting) with Angela Rhodes. If you would like to spend a healthy morning outdoors, helping to keep the Centre gardens tidy, along with a cuppa and a chat, please come along anytime between 9.30am and noon.

SUMMER ACTIVITIES



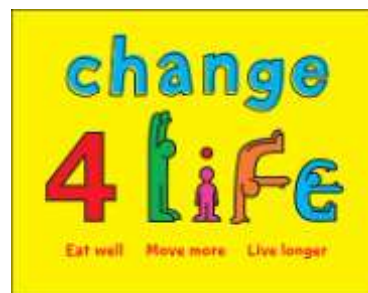
Next-Stepping out with Michelle's Mini Rambles has been the order of the day for some groups of Next Steppers. Staff member Michelle has been planning weekly walks every Wednesday into and around interesting parts of the local community. The walking routes have included The Albert Promenade, Ogden Water and Hollingworth Lake; some of which have been known to end with a well deserved portion of fish and chips!



Minibus Daytrips have also been enjoyed by our Next Steppers to places a bit further afield, including The National Media Museum in Bradford, Breton Hall Sculpture Park, Cannon Hall Farm and Norland Scarecrow Festival. It's very important for our young people to explore their area, and having our own transport allows them to do just that. Since our numbers are constantly rising, we are working hard to fund a second minibus which will allow more Next Steppers the chance to widen their horizons!

A trip out to Hollingworth Lake, and visiting Norland Scarecrow Festival.

CHAIR AEROBICS FOR ALL. These sessions have recently started in the newly opened function room building at Spring Hall led by instructor Lindsay Bradbury. Special thanks to the manager of Spring Hall Mike Murray for organizing this course.



The YES Project

The **You Eat Sensibly** project took place in July at Dean Clough, Halifax, and was attended by Next Step's Jill Thewlis.

The aim of the course is to encourage healthy eating and achieve a **'Healthy Halifax'** which is a Calderdale Council and NHS Calderdale led initiative to try to reduce obesity and promote healthier lifestyles in conjunction with the **National Change 4 Life Programme.**

Donna our catering assistant has completed a nutrition course as part of the scheme and support assistants, Harriet and Barry have undertaken a food hygiene course.

Jill submitted her menus for approval and The Next Step Trust successfully received a YES accreditation award on 27th September.

WELL DONE!!!



The National Housing Federation has published a booklet

giving information about house ownerships options for people with a learning disability.

As several of our young adults will hopefully be moving on to some form of supported living at some stage in their lives, the information in this booklet may be of interest to parents and carers. The book looks at ways that disabled people might become homeowners and live with greater independence.

The guide supplies a practical overview of the possibilities of ownership, looking at how funding works and analysing different ownership models.

If you would like a copy of the book, please quote reference **PU/025/10** and

- log on to www.housing.org.uk/publications
- or email bookshop@housing.org.uk
- or telephone **020 7067 1066**

If you would simply like more information on this subject contact rickl@housing.co.uk

WORK PLACEMENTS

As part of the work of The Next Step Trust, we are always looking for opportunities for young people to have experience in the world of employment. Work placements set up whilst at Ravenscliffe School can continue with the support of the Trust, or sometimes entirely new links can be forged.

Currently we have 4 Next Steppers on weekly work placements:

Anthony works hard every Monday in the kitchen at Mytholm Meadows elderly residential complex in Hebden Bridge, and attends Pennine Magpie in Halifax on Tuesday, Wednesday, Thursday, and hopefully soon Fridays also. He has successfully moved on after 3 years at Next Step.

Natalie continues to do well every Thursday working at Dawn Lesley's Hair and Nail Salon supported by Kay, and Jamie and Paul work at Electric Bowl Bowling Alley every Tuesday afternoon.

It is very important for our young people to be a part of society in this way and we are very proud of their achievements! WELL DONE TO ALL OF YOU!



Anthony working hard in the kitchen.



Natalie adds a touch of finesse at the hair salon.



Paul and Jamie greet the customers at the Electric Bowl with a smile.

The Next Step Trust Has Now *Taken Over* The Building!!!

The Next Step Trust has now almost completed its recent expansion!

The Community Foundation for Calderdale has now vacated the upstairs of Community Foundation House and moved their offices to new premises. Walls have been moved and the new lift has been installed, making the whole building now fully accessible to all. **Evacuation training** took place on September 1st using the new **ResQmats**, so now both floors are in full use.

We now have the space to improve activities such as arts and crafts and IT, and by moving these things upstairs we are freeing up space downstairs to allow easier wheelchair access and equipment storage. Also, we can now provide much needed staff facilities so that our expanding loyal team will at last have somewhere to hang up their coats!

Thanks go to all the people who have been involved in the project and who have worked so hard to keep disruption to a minimum, which allowed the centre to remain open to Next Steppers throughout the **whole** refurbishment.

We could not have achieved this major move without the voluntary input of Phil Naylor who drew up the plans and Trustee John Mooney for his Health and Safety expertise. Thanks also to the builder Paul Watson ; Chris Rhodes Electrical and Nigel Mitchell, Painter and Decorator.

Thanks are also in order to Graham, Helen and **ALL** the staff, who carried on regardless, despite several days of disruption and inconvenience.

WHAT A TEAM!!!



Building work for the new lift.



The new lift complete and ready for use.



Training to use the ResQmat evacuation system.

RAISING FUNDS FOR A NEW MINI BUS

MONEY RAISED SO FAR = £9000.



3 Legged Fancy Dress Pub Crawl and Beach Party

Both of these fun events took place at The Yew Tree pub in Northowram and were organised by Julie Griffin. Both were very well supported by several of the Next Step team and their families, as well as by members of the public. The pub crawl took place on 3rd May and started and finished at The Yew Tree pub in Northowram, taking in at least 6 other pubs en route! There was also a night-time disco and karaoke later in the evening at the Yew Tree. Many thanks go to the Yew Tree for their support and also to all those staff members who gave up their free time to dress up for the benefit of The Next Step Trust. The event raised in excess of **£1300** towards the minibus fund.



'Beach Party' almost 70 miles from the nearest coast! The weather was warm and sunny and definitely 'holiday-like' for this event which took place on August 14th again at The Yew Tree Pub. Staff sold burgers and encouraged party goers to take part in football and limbo dancing. At the end of the party dozens of balloons were released in memory of loved ones. **Almost £400 was raised.** MANY THANKS to Sally and Andy of The Yew Tree for once again allowing us to take over their pub and for continuing to be so supportive!



MAYOR'S STALL

We had another Mayor's stall on the 2nd October from 8am onwards to raise further funds for the mini bus. The stall raised **£321**. We would like to thank all those who helped on the day and to everyone who donated items to be sold. **Another success!**

Two wheels work wonders.

A generous £400 donation from the Northowram Scooter Club has bumped up our total mini bus fund to a whopping £9000! A special thanks to all those involved..... Keep on riding!

LIVE 'EATH 2010

This event took place on Sunday 11th July at Heath Rugby Club. Several local bands played during the afternoon and on into the night raising funds for The Next Step Trust and Ravenscliffe High School. Live 'Eath always draws a good crowd and will be a boost to our minibus fund. Many thanks to Jim Farrell and his team!

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GRAND SUMMER DRAW

The winners of this were drawn at the Garden Party on July 2nd. The top prize which is a family holiday in a French gite, kindly donated by Robin and Jean Jones was won by Richard Thewlis. The tickets were priced £1 each and **£630 was raised.**

NST T-Shirts are now on offer!

T-Shirts, sweatshirts and polo shirts embroidered with the Next Step logo, are now available from the centre in any colour or size. Prices range from £6 to £8. Please contact the centre on 01422 330938.

Shopping online can raise funds
for The Next Step Trust.



The Next Step Trust is now set up on Easyfundraising.org.uk which allows us commission on any purchases made through it. The system works this way:

You sign up and nominate the charity you wish to support (www.easyfundraising.org.uk/causes/nextsteptrust), then if you wish to use an online retailer (including Ebay and John Lewis for example), log on to Easyfundraising, follow the link to the retailer you want, and then start buying — A Percentage of your purchase will then be forwarded to the Next Step Trust at no cost to you. Take a look at the website to find out more.....

Happy shopping!