

ACCESS APRIL NEWSLETTER

ACCESS EASTER HAT COMPETITION

This year we decided to have a competition for the best Easter Hats. We split the competition into groups as the hats were all too good to award individual prizes, so we offered prizes for the best groups with a First, Second and Third prize with an additional prize for everyone who took part, awarded to appreciate all the time and effort everyone put in to decorating their hats. We decided to get one of the House Managers to come over and choose the winners. Everyone was so excited and so proud of themselves for creating such wonderful hats - I know a lot of the students insisting on wearing their hats for most of the Easter weekend!





SAILING TRIP TO WOOLVERSTONE MARINA

We wanted to try something different this year after one of the students parents had suggested they would like their son to go sailing! Happy to oblige we started our research and found this wonderful opportunity. Unfortunately we were restricted on numbers for this trip but we had discussions with the students and a group was organised to go visit the marina the 24th April. Everybody had a really lovely day and although the weather could have been better - nobody got too wet. Due to the success of the trip and the obvious enjoyment of everyone who participated we are hoping to organise two more trips this year in August, taking some different students if they would like to attend - fingers crossed the weather will be glorious and we will have another fantastic day out.



FUNDAY JULY 28TH 2017

'A DAY AT THE RACES'

Just thought I would give you all a sneak preview of the date and theme of this years family funday! Don't worry official letters with full details will be sent out as normal, giving you all the relevant information. If you are not on our postal mailing list and you would like more information please send me an email to clarestalker@ecarec.co.uk with your name and address and we will post you the information.

COOKING SESSIONS IN ACCESS

We have 47 students attending Access every week, some attend every single day and some attend for just one or two sessions - but most of the

students get to participate in one cooking session every week. All of the cooking sessions in the main house are co-ordinated by staff member Carol, and it is not as easy as it may seem to plan up to six sessions every week taking in to account differing abilities and requirements. Each group cooks the same meal/dish/cake throughout the week but when deciding on what to cook we have to consider the cost of ingredients, we also have to check there are enough elements to the recipe to ensure the process takes long enough to be worthwhile. We also like to be sure that as many different skills are utilised - for example, chopping, mixing, weighing, grating, then we need to add in other skills such as Maths and English - how much did individual ingredients cost, how much was the total cost of the dish, how many portions can we make and how do we spell certain ingredients, and what describing words would we use throughout the process. Carol has to recalculate all the recipe quantities to ensure there is enough, or not too much of the ingredients for the different size groups, we also try to ensure that what we create is healthy or appropriately portioned as part of a balanced daily diet when we make things that aren't healthy such as the delicious cakes we made one week this month. We also have two sensory cooking sessions that take place each week in Hazel, these are planned by Jeri and Heidi, in these sessions we need to take in to consideration all of the same things as we do in the other cooking sessions but we also need to look at the types of ingredients used so the clients get a wonderful sensory experience from the process as well as creating a healthy dish. Products we like to use in these sessions include pasta, rice, different breads, dried fruit, and as many different vegetables and fresh fruit as possible.

It would be interesting to find out if any of the samples actually make it home with the students, or if they ensure everything has gone before they have to share!!



ACCESS DEVELOPMENT PLANS

After discussions with staff and students we would really like to develop a technology area with computers, ipads and maybe even an android phone or two that the students can utilise to learn how to use the internet, send emails, create documents and stay

up to date with new technology. Some of the students are a whizz on the computer and we would really like these students to be involved in helping their peers. We are currently looking at methods of raising the finances to support this opportunity and have been donated an Apple Mac as well as staff looking at ways of perhaps doing a sponsored event. If anyone is in the process of upgrading their computer/tablet/phone and have one that is in good working order that they would like to donate or sell to us it would be greatly appreciated. Please get in touch with clarestalker@ecarec.co.uk if there is anything you feel you could help with.

MONTHLY POP UP CAFE

We will be starting a monthly pop up café in the not too distant future, with a view to developing a work experience opportunity for the students. Different groups will be in charge of the café each month, going out to purchase products and ingredients. The group will then set up the café, prepare their goods, and make and serve anyone who would like to call in. We have been donated a till by a business in Sudbury, so the students can hopefully spend a full day experiencing what goes into the running of a café!! We still have lots of planning and organising to do and as soon as we have information of our first date we will be in touch with the details.

ACTIVITIES COMING UP IN ACCESS

MAY

In May we are planning to visit Daws Hall Farm to try our hand at orienteering, making a campfire and a bit of bush craft, this should be an interesting day with the students getting the opportunity to learn lots of new skills.

JUNE

In June we are going to Pleasurewood Hills! A lot of the students have been here before, but our last visit was 2015. Students are keen to return and those that enjoy the scary rides will have a wonderful day out.

AUGUST

A group of us have booked to go to Theatre to see Pater Pan one evening in August, we will be eating dinner at Access before going to have a lovely evening with the boy that never grew up.

**PLEASE NOTE OUR NEXT CLOSURE WILL BE THE BANK
HOLIDAY ON MONDAY 29TH MAY**

ACCESS CLOSURES FOR 2017

Closed Monday 29th May 2017
Re-opens Tuesday 30th May 2017

Closed Monday 3rd July 2017
Re-opens Tuesday 4th July 2017

Closed Monday 28th August 2017
Re-opens Tuesday 29th August 2017

Closed Monday 4th September 2017
Re-opens Monday 18th September 2017

Closed Monday 25th December 2017
Re-opens Wednesday 3rd January 2018



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