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*Enabling people to reach their full potential*

Hello everyone, hope your all keeping well. Once again, we are still facing restrictions and they seem to keep moving the goalpost, but we remain positive and know it is for the safety of everyone, however it can still be frustrating at times. Staying focused and following guidelines will surely get us all back to be able to meet up and resume some sort of normality, if we can remember what that is.

All our information below can also be found on our website or on social media page as things happen. Do not forget, you can check it out at [www.StepsCic.co.uk](http://www.StepsCic.co.uk). Or our social media pages on Facebook or Twitter.

As already advised in our last newsletter, it's fantastic to be able to share this update regarding our new wood workshop which will be located at our Ashland House base. The last few months have seen great changes internally and we will be kitting out our workshop shortly. The space as you can see is huge and we are excited by the opportunities that being based alongside our existing extensive range of services will bring to our attendees. Our new wood workshop will continue to provide simulated work experience under the guidance of fully qualified and experienced staff.



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Looking after our physical health and mental wellbeing has always been embedded throughout our activities and service provision at STEPSic but recent weeks have seen us develop additional aspects one of which being our 'Worry Tree'. Our attendees have worked collaboratively to create an eye-catching 'Worry Tree' mural that will help them to deal effectively with worrying thoughts. We have also extended our qualification provision and are now offering a nationally recognized qualification in Physical Health and Mental Wellbeing. The course is proving popular with our attendees, and we are pleased to receive feedback from parents commenting that it is having a positive impact in the family home.





Our green fingered gardening group have been busy creating hanging baskets and harvesting their first lettuce of the season! The raised beds are maturing, and we are looking forward to harvesting more vegetables very soon and seeing our hanging baskets in full bloom.





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Our attendees are not just busy with the polytunnel and raised beds, they are also busy mowing the lawns and maintaining the grounds around our base at Ashland House on behalf of Think Ahead. Our attendees work under the guidance of our experienced horticulturist and learn how to use petrol self-propelled mowers.



We do have the opportunity to appreciate all the hard work that has been done over the last twelve months, our outdoor garden area is enjoyed by all, enjoying dining alfresco and even setting up for our keep fit and relaxation sessions, making the most of the glorious British sunshine.





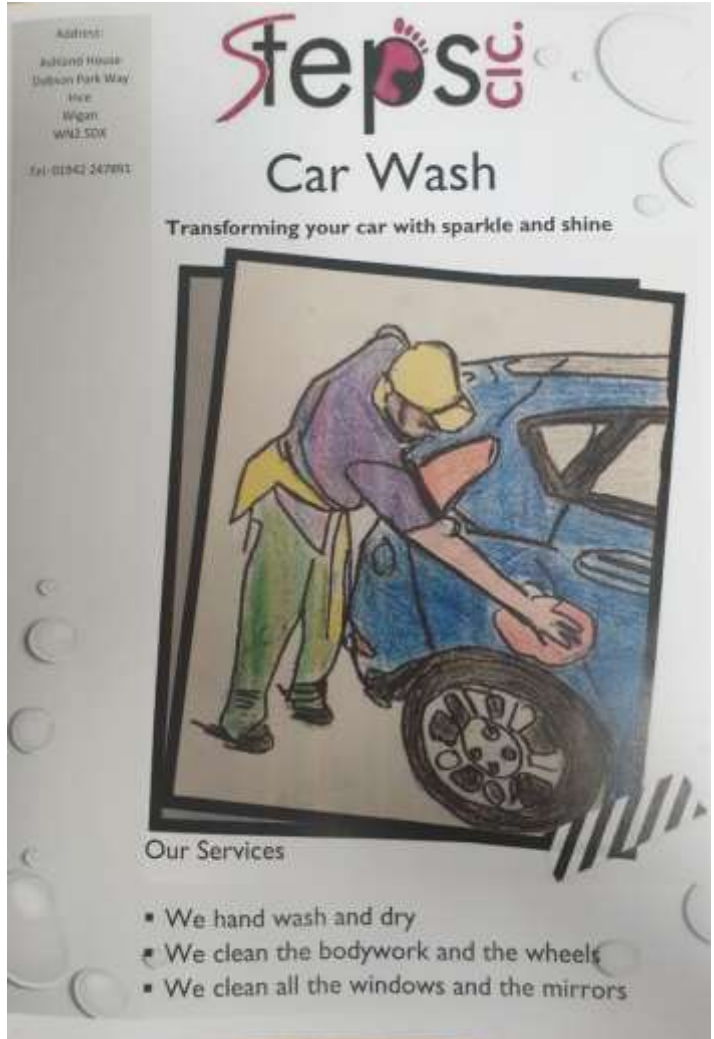
STEPScic attendees still access a wide range of activities including sport and leisure, and we thank Ince Rose Bridge Sports and Community club for access to their indoor and outdoor facilities for our sports sessions. Hair and beauty in our onsite salon, art, gardening, floristry, photography, textiles, woodwork, cooking and baking and much more. All activities are provided in-house by experienced and highly skilled staff.



If you want further information on our full service provision please don't forget to take a look at the new website [www.stepscic.co.uk](http://www.stepscic.co.uk). This is just a small selection of photos highlighting the daily activities on offer and the participation of our attendees.

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Our onsite car washing sessions are proving extremely popular, our attendees are taking the booking and organizing the wash schedule. They have also worked collaboratively and designed the flyer below. Some attendees have already achieved qualification at entry level 3 in skills for further learning and employment and gained credits in vehicle cleaning skills, with washing and valeting a car. This is giving our attendees real life work experience.





LATEST NEWS

OPENING SOON

# Ashlands



Serving a selection of coffee's, tea's, hot chocolate, cold drinks, cakes and confectioneries.

We are proud to be serving



We are really excited about our new upcoming venture and some of our attendees are already looking forward to working in Ashlands Coffee House. They will be gaining real life work experience skills which will hopefully support them onto employment in the future. We hope to serve you all very soon.



***In loving memory of Steven Summers 31<sup>st</sup> May 2021 Age 47***

*It was difficult and with great sadness that we announced the passing of Steven Summers. We would like to commemorate Steven's time at STEPScic where we were lucky to be part of his life and enable him towards some of his personal goals and witness his achievements. Steven had a huge personality, with a cheeky smile and a great sense of fun, Steven always gave 100% effort. Steven will be greatly missed by staff, attendees and the wider community in which Steven was very well known. Steven leaves us with many fond memories of fun and happy times. Our loving thoughts are with Steven's family at this sad time.*



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***May you rest in eternal peace. Good night Steven xx***