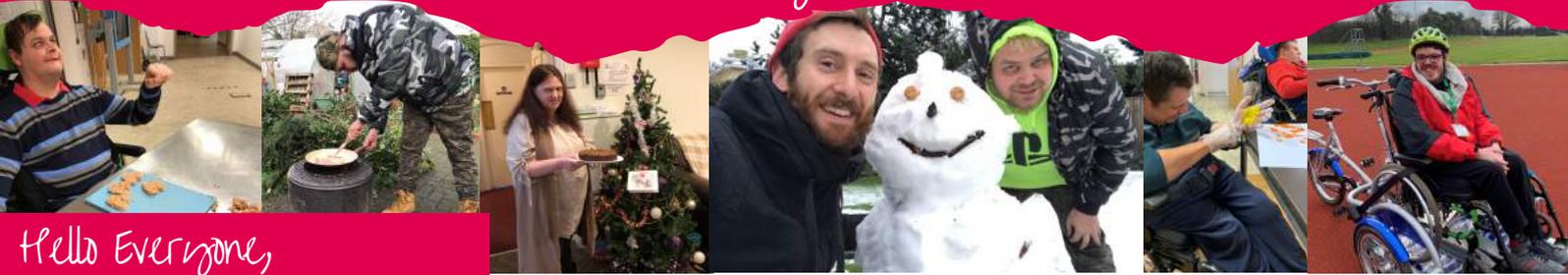




In the news February 2021



Hello Everyone,

Since our last newsletter in November, lots has been happening across the charity. We are now two months into lockdown 3.0, so we thought we would share with you some of the things we have been getting up to across our services during this time.

As always for more information about anything connected with the charity please do contact us at Phoenix **01242 511237** or visit our website: **www.stvsandstgs.co.uk**

We must start our newsletter, remembering a wonderful member of staff, Katy. Katy was a dedicated care support worker at Phoenix for a number of years. She was a gentle soul who felt a real sense of achievement in providing support to people with complex needs. Katy had no previous care experience when she first came to what was then St Vincent's. She embraced the challenge of learning new skills and went on to be a valuable part our team, well loved by service users in particular. Katy had to give up her role in 2020 due to illness and sadly passed away in January. Our thoughts are with her family.



Phoenix is open!



Since our last news letter Phoenix has been a real hive of activity, from Christmas Parties, games and raffles to working on our sewing, cooking and other daily living skills. We are still enjoying working in the kitchen and we really enjoyed cooking pizzas and making Christmas cookies. Together we have had fun in our music and movement sessions and some of us have also relaxed in our quiet sensory space.

Whilst the new lockdown means we are now quieter than before, we still remain open four days a week. Our staff are being extremely cautious and wearing PPE, and we're spread out across different rooms. That said we are still having a great time, some of us are busy crafting whilst others are enjoying games, cooking and various other activities. We are looking forward to the spring and hope that we will be able to get out to the park and enjoy some fresh air in the warmer weather.

Supported Living

Like many of you, life in lockdown for us is quite a change to our usual routines as we all enjoy getting out and about, seeing friends, family and being an active part of our community. For lots of us our regular activities have been cancelled. Many of us are missing trips to the local RDA for riding lessons and tea with the ponies, but we have found other things to keep ourselves busy. Some of us decided to take up the offer of an online training course, we spent the day learning how to make felt and meeting new people through our I-pad! We have also been able to get out and start cycling - we had a fantastic time and this is now one of our regular activities.



We have just celebrated pancake day. Some of us made our own pancakes and worked on our daily living skills by preparing the ingredients and toppings, before cooking the pancakes and enjoying them together. We also spent time decorating our pancakes with bananas, strawberries and blueberries: we had a flipping good time!



In the run up to Christmas we were busy at the garden project visiting our friends at The Bayshill for lunch, making wreaths, baking and clearing the garden, we even had a Christmas lunch! After a short break for the festive period, things are back in full swing. Whilst the weather at this time of year can be wet and cold which means preparing the garden for spring isn't always enjoyable, we have had plenty of fun. We have spent time tidying and fixing, learning new skills and knots, cutting over hanging branches from our trees and being creative with our recycling! We've also spent time playing board games such as monopoly and chess and worked hard on various works of art at our art club. We have created our own coat of arms, door stops and lots more. As it begins to warm up, we are busy clearing our pots and growing troughs of weeds and getting prepared for spring. We are looking forward to the next few months and hope that the garden will slowly begin to come back to life, for us to enjoy together.



Our Social Enterprise



Since our last newsletter, our social enterprise has once again had to close its doors for lockdown, which means at the moment, we are unable to welcome guests. That said, it isn't all doom and gloom. We have been busy behind the scenes clearing away from Christmas, and working on our courses which we hope to have accredited soon so that our learners can begin their educational journey with us.

We hope that over the next few months 2021 will become a little bit brighter, and we will be able to share our Social Enterprise with you all again soon. So, whether you're hoping to be walking the Cotswold Way, tying the knot to the love of your life or finally handing over the kids to grandparents at a long overdue family reunion, don't forget about us, our award-winning breakfast, beautiful rooms, amazing staff team and learners. To keep up to date, please follow our social enterprise on social media: @theportlandchelt or visit our website: theportlandchelt.co.uk



fundraising news

Cheltenham's Three Peaks Challenge

Cheltenham's Three Peaks Challenge is back for 2021. On Saturday 19th June our annual 22 mile fundraiser will challenge walkers to climb three of Gloucestershire's tallest peaks: Crickley, Leckhampton and Cleeve Hill, for more information or to book your space, please visit our [Eventbrite page](#).

As always, we are also searching for volunteers to help us on the event day at various checkpoints along the way and local businesses to sponsor various aspects of the challenge - if you would like to volunteer or sponsor our event, please email: chloe.bushell@stvsandstgs.co.uk.

The London Marathon

Sam (the Manager of our Social Enterprise) is busy training for the London Marathon, due to take place in October. Sam hopes to raise over £2000 for the charity, and plans on hosting lots of mini fundraisers throughout the next year. To keep up to date with his progress or to sponsor him, please visit his [Virgin Money Giving Page](#)! The charity have also secured three spaces for this year's virtual London Marathon. We are currently searching for service users, staff and volunteers who would each like to take part, maybe you would like to run the whole thing, or just do a few miles - if this is something that interests you, please contact us: chloe.bushell@stvsandstgs.co.uk

Easy fundraising

You can also help us to raise funds through your online shopping. Easy Fundraising, is a website a really clever website that turns your online purchases into donations for us, at no extra cost to you. You simply login to easy fundraising, click through to shop with over 3,300 online retailers (including Amazon, Argos, eBay, and M&S) when you make a purchase, the retailer will send us a free donation.

To kickstart your fundraising, please visit our [Easy fundraising page](#) and click 'support us', then scroll through to find the place you would like to shop click 'shop now' and proceed through to the online shop as normal!

