

Working 9 to 5, what a way to make a living ...

We caught up with Colin who has worked at his local McDonalds for 15 years, and loves every minute of it.

"My job is great, it is fun being part of a team and making new friends with the staff. We do a lot of training on things like health and safety, food and hygiene, and customer care. Each time I receive a certificate, and I recently received a letter and a cash gift for long service. I felt very happy and bought a new sofa with the money. I am proud of my job, and I've never been late."

Summer Rose, looks forward to her shifts with Colin.

"Colin is good to work with, he loves interacting with everyone. He's always smiling and helpful, and will happily stay on if needed. It is great that McDonalds see beyond his disability as he contributes so much to the team."



Maureen has supported Colin for 40 years seeing him grow and develop as he's gained more and more independence.

"It is brilliant Colin has a job. He is very proud of his work, it gives him independence and has increased his self-esteem. To me it is very important that we See the Person, as it means people with disabilities are more likely to have opportunities to choose their life and live as independently as possible."

Finding my vocation

by Louise Farrell-Clarke,
Service Manager,
Hampshire Day Services



I love the variety each day brings

Working alongside people who see the world differently is inspiring. It has changed me as a person. I reflect a lot more on my actions and words because I've learnt not to judge people. Fifteen years on from my first job at FitzRoy, as a support worker, I now manage four FitzRoy day and community services in Hampshire. The training is invaluable, and it doesn't stop. Even when I'm refreshing my skills I learn new things.

I'd say to anyone who is thinking of this as a career to go for it

If you want to do something that makes a difference it is a great career. My biggest joy is seeing people achieve things they didn't think possible. I've worked with people

who have gone from not having the confidence to communicate or engage with others, to living independently and travelling on their own.

We still have a way to go

Sometimes people are frightened of the unknown, and they aren't sure how to react when people behave in ways they wouldn't expect. The best way to change this is to help people with disabilities become part of their communities. This will help more people understand that we're all different, something we should enjoy. I'm proud of the work I do, and the work of all the staff at FitzRoy.



To read more inspiring blogs go to www.fitzroy.org/voices



To me, See the Person means allowing people to be themselves and grow into who they are, and who they'd like to be.



Website winners!

FitzRoy win national award for their website, beating stiff competition. Beth Vaughan, Marketing Manager, tells us more.

"This award means a lot, as not only were we up against big charities with much bigger budgets, we were recognised by industry experts and entrepreneurs. As a charity, we are guided by our values, and we are pleased that the passion we have for transforming lives for people with learning disabilities has come through so strongly on our website. We exist to help people with disabilities, and this award is testament to how much they inspire us every day to be the best we can on their behalf."



To read more visit www.fitzroy.org

Healthy eating at FitzRoy

Every year we run a health week to encourage staff and the people we support to take a healthy challenge. Kerensa Palmer, Deputy Manager of our day and community centre in Norfolk, told us how everyone got involved.

"We promoted healthy options in our lunch menu at the Maltings Day and Community Centre and two of our members, Tom and Andrew, are now on healthy eating diets. Tom has an agreement at home with his parents and has spoken to staff at The Maltings to advise him on healthy options with meals, drinks, and snacks to help him achieve his goal. Andrew has set up a written agreement with his home support



and The Maltings staff to help him with do the same as Tom."

"I have to watch my cholesterol and I am happy that all my support staff even at home will help me to be independent and choose the better option for me."

Andrew, Member of The Maltings

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It is very important for me to keep an eye on my weight because I have Down's syndrome and I am aware of some of the health issues we can have. I love the staff at the Maltings they try their best to support me but I do try to sneak in a bottle of fizzy drink if I can!

”

Tom, Member of The Maltings



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Choose your 2018 FitzRoy challenge and transform lives!

Create a team and have a fantastically fun day running and getting muddy at our Rough Runner!

Date: 14 or 15 April 2018

5KM

This run is great for first time obstacle course runners or people who are still working up to the 10km. This run will boost your confidence and instil a love of obstacle courses.

10KM

The most popular run with 5 extra obstacles. It is more challenging in terms of running ability and physical strength, but you will still have fun. A good one if you have a good level of fitness.

15KM

The longest of the three runs and the most challenging with 20 obstacles. This run is taken on by the fittest – not to be taken lightly.



Skydive for FitzRoy

Date: 30 June 2018

Freefalling at 125mph is an experience like nothing else. Beyond exhilarating, it defies description. The only way to experience it is to do it! Take on a sponsored skydive for FitzRoy, and change people's lives through this life-changing challenge. For just a £50 deposit, and a fundraising target of £395, you can look forward to a chance of a lifetime.

To find out more about our challenge events call **Jim Apted, 01730 711 104**, email jim.apted@fitzroy.org, or sign up now, www.fitzroy.org/get-involved/challenge-events

Donation Form

Help us transform lives. Your donation, large or small, will support someone with a learning disability to live more independently.

Thank you.

Online donations visit www.fitzroy.org/donate

Cheque Donations please make your cheque payable to **FitzRoy Support** and return it to FREEPOST RLTB-UUSU-LCKT, FitzRoy House, 8 Hylton Road, Petersfield, GU32 3JY

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I confirm that I would like all my donations, past, present and future to FitzRoy, to be treated as Gift Aid donations.

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay any difference.

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Thank you to everyone who helped us reach our Big Give Christmas challenge target. This money will help keep Love4Life's heart beating keeping more people safe when looking for friendship and love.

Hayley Ostler, Love4Life Coordinator, said:

"We rely on fundraised money to stay open, so this is amazing for us. Every day I see people who were once lonely, lacking in confidence, and suffering from isolation come together and enjoy life. Through meeting people in our safe environment, they grow in confidence, understand themselves and make friends. Not only do they have social events to look forward to each week, they learn vital life skills in our workshops, like interview skills, and staying safe online. **Thank you for your support.**"

Thanks to you
we've reached our target
and can help more people
this Christmas



Join the conversation



Call: 01730 711 111
Email: info@fitzroy.org
Web: www.fitzroy.org

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★ THANK YOU

BRILLIANT!

thank you very much

