





Where the **People** Shine Through

Linkage Annual Film Talent Awards 2006

Linkage has held its very own version of the prestigious BAFTA (Film) Awards Ceremony called the **LAFTA Awards**. This spectacular event was staged at Toynton Campus recently in recognition of the films the learners have been making within the drama and media areas. The glamorous affair attracted the crème of Linkage and everyone dressed to impress for this special occasion. Guests and nominees were treated to a preview of the films before the presentation of the awards began. There was an air of anticipation and excitement as the presenters

Everyone enjoyed this fantastic event which will be remembered by all!

announced the nominees and winners.

Walk for Linkage

Super dad Edmund Letch, whose son
Ashley is a Linkage service user at the
Limes in Grimsby, is about to set out
on a daring adventure that will see him
walk to the base camp of K2 which, at
8,611 metres, is the second highest
mountain in the world. Along the way
he will also be raising lots of money
for the Linkage Community Trust.

read more on page 8



Edmund Letch at the base camp of Mount Everest in 2004

Contact details

Please send your contributions, editorial comments and letters to:

Naj Modak

Linkage News, Linkage Community Trust, The Vine House, Weelsby Road Grimsby DN32 9RU tel: 01472 372357

email: naj.modak@linkage.org.uk

Contacts:

Janet Walker tel: 01909 531519 email: janet@pjwalker.co.uk Penny Kilner tel: 01754 766283 email: pastel.seven@ntlworld.com

Internal correspondence can also be sent to:

Jean Bristo	(Sleight Centre)
Sharon Johnston	(Scremby)
Jan Mooney	(Toynton & Weelsby)
Julie Rust	(Mablethorpe)

Contact information:

General Enquiries	01754 890540
Textphone	01472 361334
email	info@linkage.org.uk
website	www.linkage.org.uk

Linkage College

Transition Team	01472 372400
Toynton Campus	01790 752499
Weelsby Campus	01472 241044
email	college@linkage.org.uk

Linkage Care Services

The Bateman Orang	gery, Weelsby	01472 327358
email	resident	ial@linkage.org.uk

Linkage Employment Services

Employment Team	01472 25592	22
Linkage Green	01507 47930)5
emailemplovn	nent@linkage.org.	uk

Personnel Unit:

Hartsholme Country Park......01522 815023

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Linkage News is available in large print or in an electronic format (text only). Please call Pat Lill on 01754 890540 to obtain an alternative format.

A growing service

Linkage in the Community

Well how do I begin!

In 2000 I transferred from residential services to supported living at Mablethorpe. We had eight service users living within their own tenanted accommodation under the Transitional Housing Fund. It remained this way for several years and we all became a little comfortable with one rota and six staff. How things have changed!

I became registered manager of the service in September 2004 with a total of nine service users. We had engaged with our first external referral in March 2004, a gentleman of 44 years, living with his very ill mother. This certainly opened my eyes and gave community support services a real

Here in June 2006, with service users and many staff supporting and enabling young and old to fulfil their life's ambitions and live a life wherever and however they may wish. With 23 service users you can imagine the number of rotas!

It has been a challenge for the whole team to adjust and adapt, but the success stories and the



Sharon Armstrong

ability to make a difference really does spur you

We are trying to reach all areas of Linkage and to do a presentation that we take to service users who are interested or curious about 'the next step.' This is led by service users who have already done it and are still doing it - we just provide the transport and the equipment! Let us know if you are interested.

> Sharon Armstrong, Manager Linkage Community Support Services



Kayleigh Bean has become one of the first people in Lincolnshire to complete the new version of the NVQ Level 2 in Business Administration. Kayleigh, who is HR secretary, says a big "thank you" to Emma Harrison and the rest of the personnel team for all their help and support. "I could not have done it without them." she said.

Linkage Payroll

We will no longer be holding open forums on the various Trust sites, but we will be happy to help with any queries you may have, please call the Payroll Dept on **01472 372332** to arrange an appointment or for specific enquiries telephone:

Expenses and Sickness: Alison - Tel: 01472 372361 Timesheets and Pensions: Leanne - Tel: 01472 372354

Jane Hinson, Payroll Manager

NVQ Awards go to...

Sharon Armstrong - NVQ Level 4 in Care Simon Brown - NVQ Level 4 in Care **Felicity Berry** - NVQ Level 2 in Care

Samantha Hallgarth - Promoting Independence, NVQ Level 3 in Care

Oliver Lill - NVQ Level 3 in Care.

Jane Wressell, NVQ Manager and Karen Burkill, NVQ Assesser/Verifier said, "Well done in achieving your awards."

Congratulations to Jane Woollock who has passed her Post Grad. Certificate in Mentoring. She did it in six months and, as you can imagine, she is on a high. "All that work in the early hours did pay off," she said.

Beach walk for charity

Last year a group of Toynton learners braved the February weather and took part in a sponsored beach walk in aid of the Tsunami victims. Everybody taking part successfully completed the four-mile walk from Skegness to Ingoldmells, finishing off with a well-deserved drink at The Ship Inn.

They raised just over £600 which was donated to the 'Natandy fund', set up in memory of Andrew and Natalie McLeish, a Sheffield couple who lost their lives during the Tsunami while they were on a belated honeymoon in Phi Phi, Thailand.

The couple's family and friends set up the fund to help rebuildi the lives of the people of Thailand, particularly those on the island of Phi Phi and with special emphasis on helping young people.

The money raised by the Linkage walkers went towards sponsoring two young boys who lost their parents and towards building a long tail fishing boat to enable local fisherman to return to work.

The Generous Masons

The Linkage Community Trust is to receive £1000 each year over the next five years from the Lincolnshire Mark Masons.

Raymond Ringrose, a retired solicitor from Boston

and a past Provincial Grand Master of the Lincolnshire Mark Masons, presented the first cheque for £1000.

During a visit to Linkage's Scremby facility on Friday 16 June, Mr Ringrose said that he was delighted to present the cheque to Linkage on behalf of the Lincolnshire Mark Masons and even more delighted to be able to promise similar donations each year over the next four years.

"I know the value of the work you do and the fact that you have looked after my grandson, **Ben**, for at least ten years makes our choice of Linkage even more appropriate."

The cheque was received on behalf of the Board by Linkage trustee, **Sallie Sackur**, pictured above. With her are **Gordon Smith**, Provincial Grand Master of the Lincolnshire Mark Masons, **Ben**, Raymond Ringrose's grandson and **Raymond Ringrose**.

Long Service Awards

Three Linkage employees received long service awards from the Trust's chairman Dr David Ferguson at a special presentation ceremony held on 14 June. Trefor Howard, Robert Blair and Pauline Gibson received £200 plus wine or flowers in recognition of their 20 years' service.

The long servers are pictured I to r: Pauline, Trefor, Trust's chairman Dr David Ferguson and Robert.

Trefor joined Linkage as principal liaison officer. He is currently the head of learner services based at Weelsby Campus.

Robert joined Linkage as painter and decorator instructor. He is currently a programme manager based at Toynton Campus.

Pauline joined Linkage as a houseparent, moving on to become senior houseparent and then unit senior. She is currently the operations manager within the Employment Service and is deputy employment director.

Special Olympics

Twenty Toynton learners, who train each week at the athletics evening class, took

part in the Special Olympics held in Boston in June.

All of the
Linkage
athletes won
at least one
medal and had
a fantastic day.
Their next
competition is to



Dancing the line

Eighteen of our learners from
Linkage
College have been gaining awards for line dancing.

The group has been

doing dance lessons since
February 2006 and everyone has been enjoying
themselves. They all took their dance exam on 14 May and
received an International Dance Award. Amanda Lowes,
independence tutor at Green Lane, started the dance
lessons and dance teachers, Teresa and Byron Broom,
have been teaching them line dancing, salsa, ballroom and
rock and roll. Their award was for line dancing. They all

have worked really hard. **Well done.**Amanda Lowes, Independence Tutor, Green Lane

Rebecca's charity day

Hello my name is Rebecca. I held a coffee morning to raise money for the mental health ward at Pilgrim

Hospital on 9 May. We sold tea, coffee and snacks and played pin the tail on the donkey, raising £21.43 for the ward. I hope this money makes the ward a nicer place for those who have to go there.



Sealink and GrowingLinks projects

The Sealink Project is a joint enterprise of Linkage Community Trust and Seagull Recycling Ltd. The course run by the project is aimed at providing service users with the basic knowledge and practical skills needed for plant production.

As a natural progression, GrowingLinks was formed to provide a retail outlet for the plants produced. Sales on the weekly Spilsby market stall are growing month on month as the word has spread about the quality and value for money of the products on sale. A similar stall is being run at Billinghay Glass House Craft Market. A stall is also opened two days a week within the grounds of Scremby Grange for friends and family of Linkage. This gives service users the experience and the confidence of working on a stall and dealing with customers in a safe environment before moving on to market stalls.

Many people within Linkage are involved in this project. Wooden planters are produced by the service users on the woodwork course and ceramic planters are created by those on the art course. These are planted in the greenhouse and then go out to be sold on the stalls. The work is very popular and some of the service users on the course have written about their experiences:

Simon

Over the Easter holidays I went to Billinghay Glass House Craft Market with Ken Towler, one of the instructors. We went there to sell some plants for GrowingLinks. The day went well and we sold both seeds and plants. The rain was on and off most of the day. However, we managed to keep dry. During the morning I was asked if I would like to weed the borders for Lyn and Keith. I did a very good job and Lyn and Keith were pleased. Ken worked ever so well and even came back with goodies which I was given for free.

It was a good day's work!!!

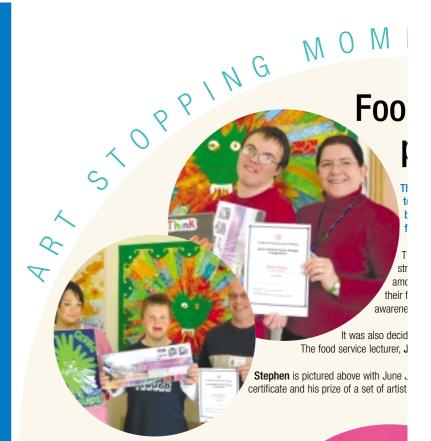
I am on a Sealink course because I am learning about the different plants and flowers and how to grow the plants and care for them, and I am learning about the different names of the plants.

In the past I used to cut the grass and go on the ride-on tractor. I also used to dig the ground and practice using the forklift. Richard Lock-Wheaton trained me how to use the forklift. We use the forklift to move

heavy things. I helped to get the cement ready to lay concrete in the greenhouse. In the morning I check my plants and water them and check for insects. I look for white flies, caterpillars and bugs. Sometimes we have lessons on the blackboard and learn about the types of plants and how they grow.

Hi my name is Cherry and I have been on the Sealink course ever since it started. I have enjoyed being on the course because I get paid £60. The money goes into my bank account for my flat. One Monday I am on a catering course and the other Monday I am on the Sealink course. Also I am on the Sealink course on a Thursday and Friday every week. I have learned a lot since I have been on the course. I like doing write-ups about what I have done and also other paper work as well. I have recently done a lot of plug plants putting them into other pots. I water the plants on my own table. I pot on plants and tubs ready to be sold on the Spilsby market. I have been to the Spilsby market once and it was good.

Also we have got our own market stall at Scremby where people come and buy plants. We also make sure that the benches and the floor is swept and kept tidy. I also do other jobs outside, but if it is raining I stay 4 in the green house. I will miss this course when it finishes.



David's poster against racism is a winner

Linkage knotches up another winner in the 'Show Racism the Red Card' competition

On the 2nd of May I went to Newcastle Civic Centre to 0.075 attend a prize giving for my entry into the Show Racism The Red Card art competition. Having got up early, and put on my suit for the day, I travelled by car with my independence tutor, Claire, and my registered manager, Eddie. When we got there, I was really pleased to see my picture displayed in the entrance.

At the presentation were the Newcastle and England footballer, Kieron Dyer and Shola Ameobi who also plays for Newcastle United. Actress Charlie Hardwick who plays 'Val' from Emmerdale was also there, and I got their autographs as well as having my picture taken with them. There were children from schools across the North East of England who won prizes for different age groups. Two girls won prizes for writing poems, the rest of us won for the pictures we did.

When it was my turn to get my prize, which was for the best picture from all entries from specialist schools and colleges in the North of England, I went up on to the stage. I was given an England football shirt, a miniature football, a Show Racism The Red Card cap, tshirt, badges and wrist bands, an Umbro sports bag, a drinks bottle, and a framed certificate. This was the best part of the day for me! On the way back we also stopped off at The Angel of the North statue to have a picture taken.

It all started when in my art session with Ruth Johnson and June Jacobs, I was asked if I wanted to paint a picture to enter the competition. I thought it was a good idea, because I think racism is wrong. I had lots of ideas for pictures, but Ruth helped me to choose one, which I then painted. The learner council then looked at all the entries from all the students at college and picked mine to send off to the competition. I was really surprised when I got the letter to say that I had won a prize and was invited to go and collect it.

I would like to thank everyone at college who helped me with the picture, choosing it and for taking me to get my prize. It was a really great day out.

David, Weelsby Campus

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ENTS FROM poster design

he college art groups have been working on producing posters to promote the importance of hand washing. The poster, created by Toynton learner **Stephen**, was chosen to be submitted to the foodlink poster design competition.

The foodlink programme has been running for 14 years and contains several rands of activity, all with the over-arching objective of raising awareness ongst consumers of all ages about the simple steps that they can take to keep food safe. Part of this programme is an annual poster competition aimed at raising ess in schools.

Jed to hold a Linkage competition with two categories: 18 and under, and 19 and over. **June Jacobs**, judged the entries and chose Stephen's entry as the overall winner.

Jacobs, his winning poster which was entered into the foodlink competition, his t's pencils.

his prize of a set of artist's pencils.

Picture far left shows **Ruth Johnson**, dedicated support for art, with **Matthew** and **Lee**, who won the 19 and over category with his winning poster, his certificate and



at the Movies

Toynton's performing arts lecturer **Claire Allen** produced a 'showstopper' at the Embassy Centre in Skegness on 23 June, when 54 learners from Toynton Campus joined 250 of the most talented performers in Skegness for a Friday Night at the Movies musical spectacular.

The volunteer cast included professional West End performers, local dance schools, and art groups singing and dancing their hearts out to raise money for the BBC Radio Lincolnshire's *Go for Gold Appeal* and the Linkage Community Trust charity.

The Linkage learners took to the spotlight for a Summer Holiday excerpt and a medley from Grease with **Sarah** and **Marcus** singing as Sandy and Danny, and **Ashley** performed as Cliff Richard.

A full report and pictures will be featured in the next edition of Linkage News



Toynton's *A Quiet Place* started off with two open days on Thursday 11 May and Friday 12 May and eight learners and seven staff receiving a therapeutic touch session.

One member of staff who visited said that they could not believe how relaxing and calming the surroundings were. "Within minutes all the day's stresses seemed to disappear and I felt calm. Excellent room and the hand massage was very professional."

Eight learners are now accessing *A Quiet Place* for a six week intervention programme which includes a 45 minutes session on emotional intelligence to help with the development of communication skills, resilience, empathy, managing feelings and self-esteem. The sessions usually begin with five minutes of Tai Chi.

There is also one session with a holistic therapist who works on the learner's feet or hands to help release the stress and strain of everyday living, and a bio-feedback programme involving the use of heart monitoring technology to help learners understand the effects of stress.

Some of these learners have described their first day in A Quiet Place:

Rebecca: "The room is colourful and makes people relax. I feel calm and relaxed. Helps me to go to sleep. All my worries have gone away. It is magic in A Quiet Place!"

Ashley: "I like it because I can relax. I like the music, and I have a great time. Hope it will work because it will be a good experience. I would advice everybody to come!"

James: "It's really nice and relaxing. The music is so soothing and I really enjoy it so much, it's like being somewhere else. I have a lot people asking me what it's like. I tell them it's like paradise. It's amazing to be here!"



Julie Turbin, A Quiet Place co-ordinator

race for life



Linkage finance director, Maria Walker, ran in the Cancer Research UK's race for life at the Lincolnshire Showground in May. The race was one of 230 being organised throughout the country in the UK's biggest women only fundraising event. Maria completed the 5 km run in 41 minutes, which isn't too bad, she says, since the winner of the race completed the course in 19 minutes.

Maria ran for her friend **Amanda Stewart** who has cancer. Maria's 12 year-old daughter, **Alessandra**, ran for her grandma who also has

Maria says a huge thank you to everyone who sponsored her, as she raised a staggering £567.

Café anyone?

Learners and staff at Toynton Campus can dine in style after The Café officially opened in June. The vocational training area teaches our learners to prepare, cook and serve meals, while improving their independence skills and gaining qualifications.

The refurbished centre has a commercial kitchen and a new conservatory area, providing seating for twenty people. The Café is primarily run by catering lecturer **James Bird**, who helps the trainees to produce meals for fellow learners and staff.

Said James: "This experience enables the students to gain valuable communication skills within a team and serving customers. For those students wishing to work in a catering environment, this provision gives them a realistic working environment and an opportunity to gain qualifications such as NVQs."

At the launch learners prepared an impressive menu which included

sausage and pickle hors d'oeuvre, carrot and coriander soup to start, chicken fillet cooked with mushrooms, onion, garlic, tomatoes and white wine as the main course and poached pear and ice cream to finish.

Added James: "The launch went really, really well. All of the guests enjoyed the meal and it provided the learners with a very valuable experience." The Café will be open three days a week for students and staff.

Catering is just one of the subjects offered at the college. There are also courses in retail, horticulture, food service, construction, vehicle valeting, sport, drama, art, media and information technology.

Learners wait for the guests to arrive. Pictured, from left, Charlie, Dean, Reece, Susan, Hayley, Rebecca and Marie.

The guests are seated for their meals. Pictured, from left, Bob Price, chief executive, Marie, Martin Lodge, employment director, Hayley, Frank Proctor, resource director and Maria Walker, finance director.



Liam, Phillip, and Antonia moved into Livingstone Court on 17 March 2006.

Phillip moved into a single flat and says that it is the best move he has ever made. "I have control of my housekeeping which is kept at my flat and it's quiet and peaceful."

Antonia shares with **Sarah**. She enjoys their new friendship and they have bonded really well. Antonia has been poorly recently and Sarah has helped by doing her ironing and housework.

Liam shares with **Paul** who, although new to Livingstone Court, is showing Liam the 'ropes'. Liam says its magic. "I was nervous at first but now I'm ok."

West Life concert

Saturday 20th May

The concert was at the Lincoln football ground, and there were thousands of people there. We

were stood up for nearly 5 hours. Myself, Alison, Kerri, Mathew, Kate and John worked our way through the people to try and get closer to the stage, and we were nearly at the front

The stage was massive. We saw *LibertyX*, *Lee* from *Blue*, *Journey South* and *West Life*. We had a wicked time!

by Ashley

One giant step for Linkage

May Day saw Toynton main hall and day learners jetting off to the National Space Centre in Leicester.

The space age building was home to two huge rockets which the students could view from the top. John described it as very scary at the top: "It was very high and I was scared to look down."

They were treated to a film show in the main theatre which took them on a simulated journey through the solar system. Learner Sheena thought it was "a lovely experience" and Jo came out feeling very dizzy and a little 'space sick', but she soon recovered once they got to the snack bar!

There were many hands-on tasks for the learners to get to grips with including a simulated space jump and reaction tests - so Toynton will be adding astronaut training as a new course next year! It was a great day out and all the learners came back from their space journey weary travellers, but all had big smiles on their faces.

Kirsty Shepherd Media Lecturer

Picture this!

Seen left is Steven with his fantastic artwork recently exhibited at Horncastle library.

Other students who also exhibited with **Steven** were **Claire**, **Emma**, **Neil**, **Fraser**, **Ashley**, **James** and **Susan**. Their artwork represented their dreams and also demonstrated their burgeoning artistic ability.



A moving story

More Linkage service users have achieved their long-term ambition and moved into their own flats and of the five taking up the challenge of independent living, four have move into their own accommodation at Spilsby and another has moved to Louth.

Emma writes

Hello, my name is Emma. I have just moved into my own flat in Spilsby. This is the first time I've lived on my own and I like it. I am very near to my Mum and my sister and they come and visit me in my flat. I have wanted to live independently for a long time and I was nervous but it is better than I thought! My flat is lovely. I have chosen all the carpets and my furniture, and my family have given me lots of things.

and Darren (pictured left) tells us:

I am really enjoying my life in the community and as I like it so much I am doing very well and getting the hang of it! The staff are very good to me and I am doing my own shopping and catching the school bus on time. I am doing very well at cleaning and doing my own washing. I love it here at Spilsby.

None of us underestimate the hurdles these young people have overcome in order to achieve their ultimate goals, they are an example to us all. Well done all of you and we wish you all the very best in your new lives.

Limes eggstra

Service users and staff at the Limes in Grimsby held a magnificent Easter egg raffle to raise funds for the Pointers' Committee. The egg was donated by the Limes and tickets were sold at a £1 a time. The raffle was drawn at the Quayside on 10th April and was won by Tracy Pashley, deputy care manager at the Limes. That's justice for you! The total amount raised was £78.

Brian and Kylie

This is me, Brian, with Kylie at Louis Tussards in Blackpool. I went for a weekend with Jodi, Andrew, Darren and Pat Ibbeson (staff). We staved in a B&B for two nights and on the Monday we went to Liverpool Foodball Club's ground at Anfield to see the 1986 *replay between Liverpool and Everton. I support Liverpool but have never







Deep trip from Livingstone

My first big trip from Livingstone Court was to The Deep in Hull. We saw eels and lots of other sea creatures. We had a McDonalds on the way back and I really enjoyed my day out. It was great fun

Toni, Livingstone Court.



Sarah, Livingstone Court

Our trip to Paris

Livingstone Court in Mablethorpe. I recently went on a trip to Paris with my care manager Julie Rust, deputy care manager Elaine Costello and a few of my friends. This is a photo of us standing in front of the Eiffel Tower. We travelled to Paris by ferry, which is my favourite way to travel - I love ferries!! We had a fantastic time and made lots of friends on the coach that we went on.



In February this year, I was asked if I would like to go to Gambia to support a badminton project in a small village called Youna. Having spoken to my family we decided that it would be too good an opportunity to miss!

March flew by in a whirl of vaccinations and fund raising to support the trip. Sampson House organised a fete which raised £471. My youngest son **Damon** organised the Nettleham Beaver Scouts into saving loose change. They raised £63 for the project, whilst achieving the Bronze Scout Award for Damon.

By the time the trip came round in April, I was feeling a little bit nervous. I was about to travel hundreds of miles from home with two teenagers, **Leo** and **Chris**, and the badminton Coach, **Tim**.

So what can I tell you about my time in Gambia? It was the most wonderful experience I have ever had. There were tears of joy, laughter and sorrow.

As part of the trip, we brought over badminton posts, a net, rackets, shuttlecocks, medals and trophies, all as part of out luggage allowance. On our arrival, the hall had been partially tiled, the remainder was completed by the following Sunday which meant that on Easter Monday we were able to mark out a court to play on.

We were made very welcome, smiles greeted us on a daily basis along with a shout of "mintee", meaning sweet. Each day we had a walk around the village accompanied by children clutching our fingers, often two or three to each hand.

The comparison to our homes and possessions was astronomical. The houses are generally three rooms with four or five people sharing a room to sleep. There was no electricity, hurricane lamps and candles were the only form of lighting. For the children there were no play stations, computers or fancy toys. Instead children played with tyres and flat footballs, yet they are happy with what they had.

Sweets are a luxury hence the chanting of "mintee" when vehicles pass by. Toilets and showers are outside and without hot running water. Clothes are hand-me-downs and very worn.

Trying to describe what the reactions were when we gave out gifts is difficult without sounding condescending. We had taken a load of drawstring bags and when it came time to give them out, the children swarmed around me. There was no patience or waiting their turn, little hands snatched greedily at you. Deep down you knew that the adults would take the bags away them, but such is their way of life.

by Sue Kennedy, Registered Care Manager Sampson House

So what now that I am back to reality? More fund raising for the project. We need to support the maintenance of the hall, purchase a generator to run the lighting and fans or look towards solar power. Ideally we would like to get our own transport for when we are out there instead of using taxis. The team is already planning further trips later this year. As for me, with the continued support of my family, I hope to make a return journey in April next year. This time my husband Steve and our boys will be coming too!!

Please visit our web site and check out the story so far on www.gambiabadminton.co.uk



Walk for Linkage - continued from page 1

Mr Letch, who lives at Burton-on-Trent, is not new to such a demanding challenge, having walked to the base camp on Mount Everest in 2004. He is very much aware of the amount of preparation work that needs to be put in before setting off on a journey like this and has walked up Mount Snowden, Ben Nevis and Scafell Pyke, in the run up to his trip to K2's home in Pakistan, in July.

The journey begins with a flight to Islamabad and then on to Skardu. The next stage of the journey is a seven hour trip by jeep to Askole and the start of the nine days walk to the K2 base camp high above at 15,700 feet.

Walking takes place on the Baltoro Glacier which is mainly moraine debris and can be tough to walk on to say the least, says Mr Letch. The return journey follows the same route.

If you would like to sponsor Mr Letch on his mammoth 21-day trek, contact **Maria Walker** for a form. Mr Letch's employer, **Automotive UK**, has also agreed to match the sum raised in sponsorship for Linkage.

