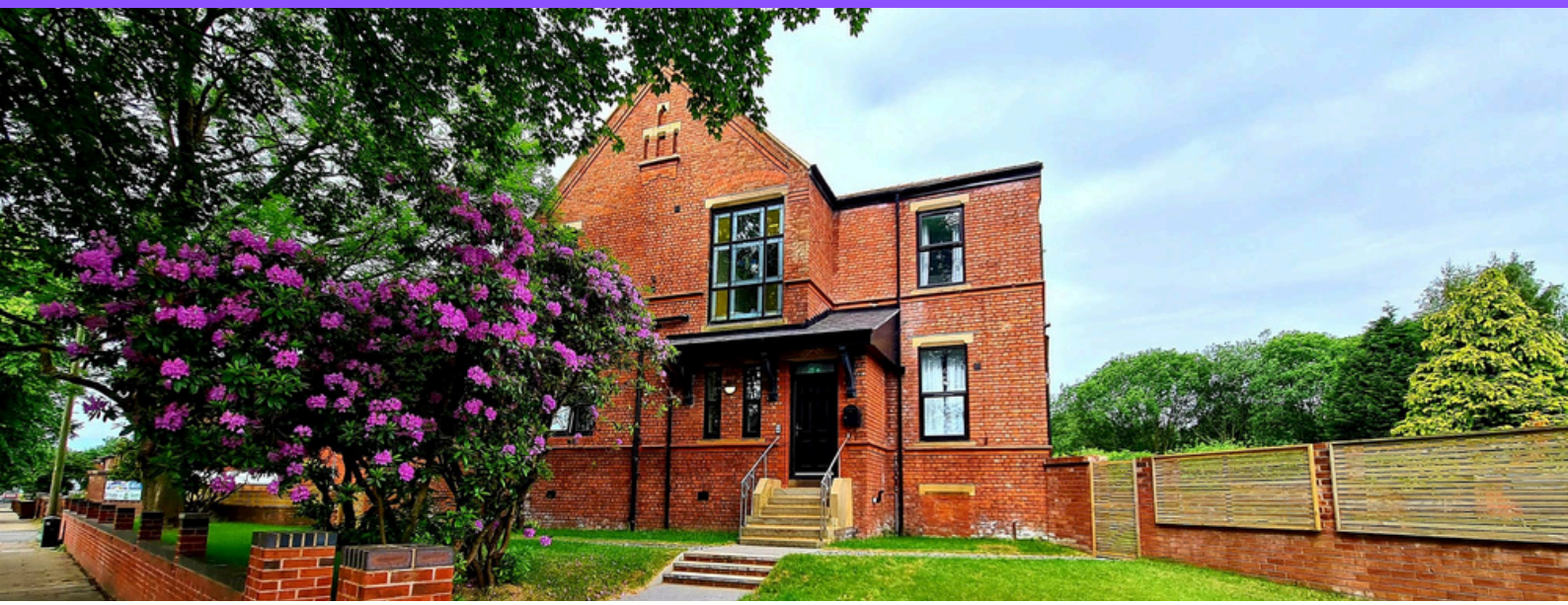
Issue No. 11
January 2025

The Extra Chapter Newsletter

All the latest news from The Withins





"Don't judge my story by the chapter you walked in on"
Source Unknown"

IN THE SPOTLIGHT



Karen has been at The Withins since we opened in 2021. She started as a support worker and has progressed to become our STAR co-ordinator. Karen is in charge of our Recovery STAR and implementing this into our care plans.

Karen went back to studies in later life and managed to achieve a 2:1 degree with honours in Working with Children and Families.

Karen is a massive fan of both Harry Potter and Manchester City and loves to have a friendly rivalry with the residents who support Manchester United

Above and beyond award



It proved very hard to choose someone to receive the Above and Beyond Award this time, so we chose 3 instead!

A massive well done to Support Workers Lisa, Kirsty and Diana.

You have all gone above and beyond in your roles and have offered exceptional support to our residents

Thank you for going above & beyond.

Congratulations!

un-BEE-lievable





Well Done

Staff voted unanimously to award our first resident Un-BEE-lievable award to Jonah.

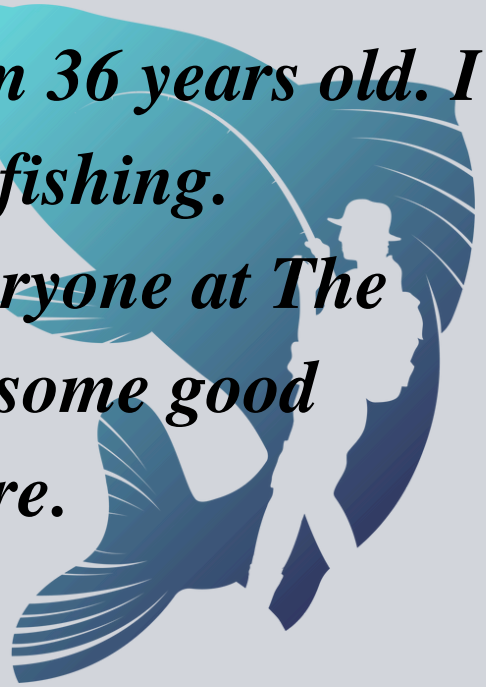
Jonah is always happy to help staff and peers with shopping, cleaning and anything else that they need. Thank you Jonah!

ABOUT *me*

Hi!

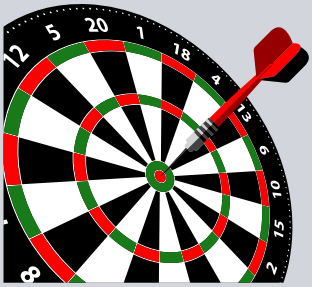
My Name is Danny and I am 36 years old. I like darts, pool and fishing.

I also like to cook for everyone at The Withins. I have made some good friendships here.

























Staff and residents had a Charity day to raise funds for the local food bank. We had a quiz, "Play Your Card Right" and a raffle. As you can see, one resident was very happy to win lots of prizes.

We managed to raise an incredible

£140

for a very good cause





Night staff have been working hard to encourage residents to participate in some baking activities.





Studies have shown that baking can greatly improve mental wellbeing by relieving stress, creating a sense of accomplishment, allowing creativity and freedom of expression, a sense of nostalgia and positive memories and promotes positive interactions.















Welcome!



Welcome to our newest resident.

Niall wants to study to become a Personal Trainer and learn how to drive.

Everyone at The Withins is here to offer all their support for Niall to achieve his dreams

SUPPORT









The support that we offer our residents is not just practical like ironing. They love booking some 1-1 time and going out for coffee, shopping and recently watching a professional wrestling match







COOKING IS GOOD FOR MENTAL HEALTH.









When our mental health is low, it isn't uncommon for how we feel about ourselves to become negative

Cooking a recipe you've been hoping to perfect can bolster your self-esteem significantly. Even if it is as simple as a three-ingredient pasta dish, cooking is clinically proven to be a significant confidence booster. This is because the feeling of creating something tangible that others can enjoy can be very gratifying.

At The Withins we encourage residents to cook for the house at least once a month, with staff support.






HALLOWEEN








The residents had great fun decorating our pumpkins for Halloween, before making some milk bottle lanterns to decorate the garden.

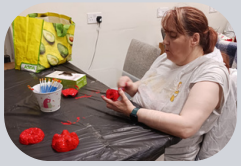












Residents made a very poignant memorial display for Armistice Day. Our friends at Punch Property Repair made us some "Tommy's" to add to it







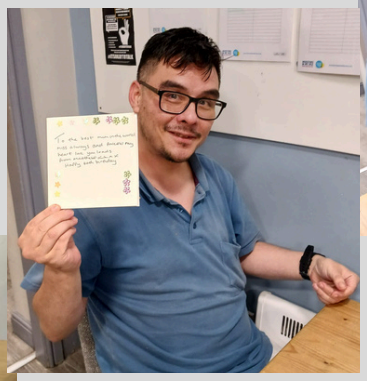
They shall grow not old,
as we that are left grow old;
Age shall not weary them,
nor the years condemn.
At the going down of the sun
and in the morning
We will remember them.



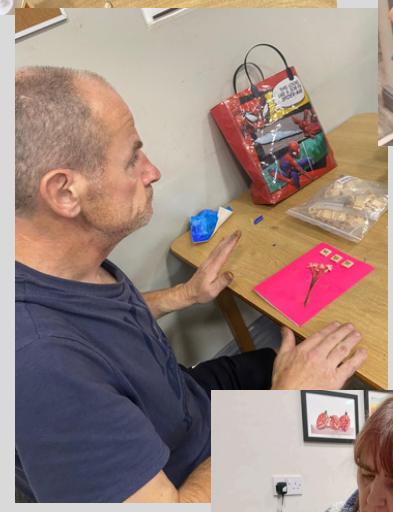
hand crafted











Staff and residents love crafting. They have been busy making Christmas crafts and cards







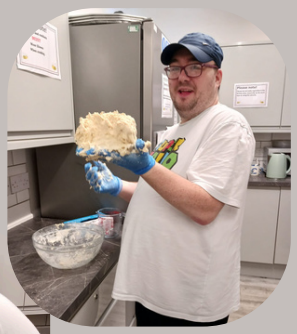


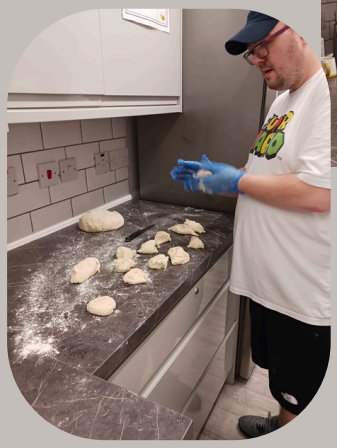






Baking for Christmas






One of our residents worked really hard with staff to ensure that everyone had bread rolls and mince pies for Christmas Day










Pantomime

For the second year running, our resident has asked for support to go and see the Christmas Panto at Bury's Met Theatre. This year the story was Rumpelstiltskin























Day trip to York



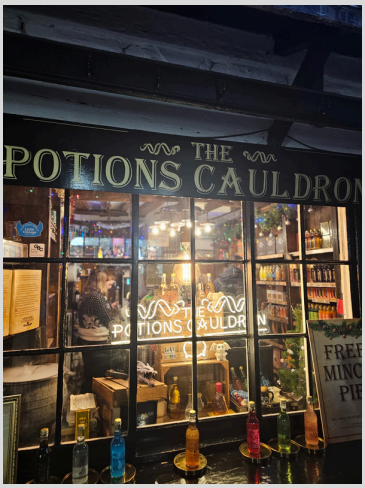






Staff and residents travelled to York. We saw the famous York Minster, The Shambles and took a stroll through the Christmas Markets.

It has been found that day trips allow people to take a step away from routine and daily stressors, thus greatly improving mental wellbeing.





MERRY CHRISTMAS











Staff and residents went for our annual Christmas Dinner. This year we went to The Ainsworth Arms. The food wwas delicious and the staff were very helpful











The amazing people from "SnowWay came to get The Withins Christmas ready. They did an amazing job and the residents loved it!





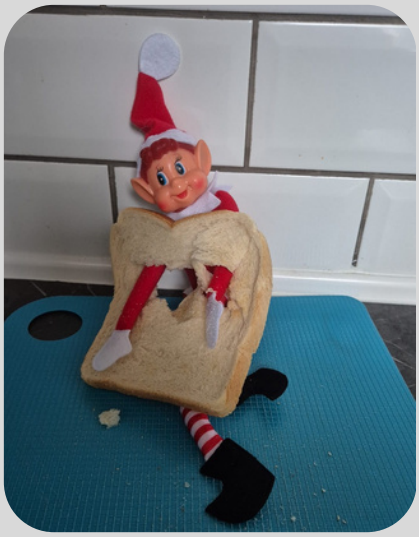


The naughty Elf on the Shelf



The naughty elf visited The Withins on Christmas Eve











To begin our Christmas Celebrations, we had a buffet and games day on Christmas Eve



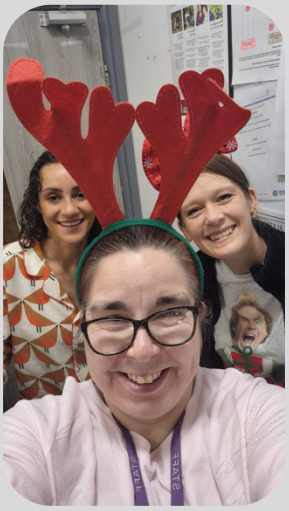




Christmas Day







Christmas Day was a great success. We played games, sang songs and ate great food















We invited residents who had moved on to independent homes so that they would not be alone on Christmas Day





MERRY CHRISTMAS











Staff worked really hard to make sure that the residents had the best Christmas possible













2025

Happy New Year









2025

Staff and residents celebrated the New Year by having a dance and a song song

Game Night















The residents asked for a pool table and darts board so The Withins obliged and we now have regular competitions







Watch out for updates in the next issue









Well done to all involved in this amazing achievement

What is ISO 9001 certification?
ISO 9001 is the world's most widely recognised quality management systems standard, with more than a million organisations in 189 countries ISO 9001 certified.

Developed by the International Organization for Standardization (ISO), it helps businesses improve services and product quality, reduce waste, lower costs and win more customers.

It's often a requirement of commercial and public body tenders and demonstrates your commitment to quality management and compliance.

At the heart of ISO 9001 certification is an effective Quality Management System (QMS) that helps organisations implement consistent, effective processes every time.



- Another “In the spotlight”
- Another “All about me”
- More 1-1 activities.
- More Birthday celebrations
- Valentines Day
- Preparations for Spring

and much more.....

Next issue April 2025

Our Mission Statement.

Our Vision

To be recognised as a world class healthcare and rehabilitation provider with a team of individuals who are dedicated to developing and providing the best possible care to allow people to be able to live a meaningful and satisfying life in the presence or absence of symptoms.

Our Mission.

To offer a high quality care that is determined by individual needs, to improve people's mental health and stay well, in homely accommodation, whilst showing dignity and respect to all our residents

Our Values

- Caring - Our actions show concern and kindness for each other at all times.
- Open - We see things how they really are and how they could be.
- Responsive - We respond to all feedback, suggestions and influences and see them as opportunities to grow and improve.
- Respectful - We listen to the opinions of others without comment or judgement.
- Together- We work in partnership with organisations that support our vision, mission and values.

Next Chapter Healthcare