

Ludlow Foyer News

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Blast off

Marston mill
Portcullis lane
Ludlow
Shropshire



Quarter 5 saw the launch of our programme by inviting the wider community, stakeholders and other partners for an afternoon tea. Our Healthy Conversation group worked tirelessly alongside Foyer staff to come up with an innovative menu

which was both welcoming and healthy. As our main objective was to share our health message we put lots of HC literature on show including questionnaires and a suggestion box as our 'call to action'. The HC group, including Foyer staff, were there to show the

invitees around and answer any questions about the forthcoming project. Lots of ideas were bandied around and we were lucky enough to have someone there with a background in health and others from a new Charitable Trust – Young Shropshire in Work (YSIW).



YSIW

Young Shropshire in Work is a new Charitable Trust created to promote and support the transition of young people in Shropshire into work. This is a joint initiative that is collaborated between Shropshire Housing Group, County Training and South Shropshire Furniture Scheme. One of the main objectives is to develop opportunities within the local business community and other organisations to help young people obtain gainful employment.

Regular meetings are held at the Foyer and input is actively sought out from us in order to improve the chances of our YPs becoming more 'work ready.' A mentoring scheme forms the 'basis' for our YPs with the main focus on building resilience and help instil self-confidence. We firmly believe that this holistic approach to working with YPs will, not only progress more into work, it will also have a significant impact on their general health and well-being.

Healthy Conversations launch lunch



On 27th June we invited a number of stakeholders and groups associated with the Foyer to our Launch Lunch. Representatives from the Walking for Health group, Clifton Court Retirement scheme, Shropshire Council's Health Champion & Leaving Care Team were all invited to a healthy lunch, which was prepared and served by

staff and residents alike. Everyone commented on the tasty salads and puddings. We were lucky enough to be able to use some of the vegetables grown in our garden for the event and residents invited our visitors to take part in a Healthy Conversation of their own.



Lake Vernwy Experience

In June Ludlow Foyer went on tour to Lake Vyrnwy. This was a two day taster session that helped to kick start Healthy Conversations. It was an opportunity to work as part of a team, build confidence and self-esteem and face new challenges that



would push them out of their comfort zone through activities that most of the young people had never tried before like rock climbing and canoeing. This weekend was perfect for introducing the Healthy Conversations initiative by bring discussions about how physical activity can improve mental well-being. It gave those who attended the chance to cook healthy meals and recognise the importance of eating a balanced diet especially when participating in physical exercise.

Here are quotes from some of the participants,

“ At a residents meeting we were encouraged to come up with suggestions from a healthy conversation card all chose to go on an activities weekend in Wales. So in June we all found ourselves driving along to Wales one Friday night. We were all a bit nervous, wandering where we were going to spend the night. We were told it was a bunk house. Chris drove the mini bus and Maggie directed him. Scary”. Anya

“ it was really scary at times. We were all doing stuff we hadn't tried before. Like abseiling. Some people were scared of heights. We all helped each other though which was the best bit. Afterwards you just felt great. Buzzing” . Jed

“I found out that I was really good at archery. I've never tried it before. I want to find out where I can try it again around Ludlow”. McCorley

“I was really pleased to have been invited as I don't live in the Foyer now. I moved into my own place some time ago. I loved it all but the best bit for me was the canoeing. It was a really nice experience.. The lake was really calm. It was a great weekend. I want to do something else now”. Daryl

The Edge

After the success of the Lake Vyrnwy trip many residents wanted to try more activities as it boosted their confidence and they felt a real sense of achievement. We set about looking for somewhere local where we could try new activities, and The Edge in Much Wenlock had it all. Here the young people turned their talents to Segway, Clay Pigeon Shooting and Sniper targets.



Residents quotes

“I had never tried clay pigeon shooting before, so I did what the man told me to do, and it turned out I was sick at it!”

“The Segway was really strange coz you had to lean forward to go faster. I thought I was going to fall off, but I just loved trying to go faster and beat the others”

Clifton Court

After the Healthy Conversations Launch, residents had the opportunity to get involved with the local community by providing afternoon tea for Clifton Court retirement scheme. Here the young people prepared sandwiches, homemade scotch eggs and freshly baked scones. They then delivered this to the scheme and spent a sunny afternoon chatting to local residents about their experiences living at the foyer and about their aspirations for the future.

Sylvia from Clifton Court said “It was so nice to chat to these young people and learn about their life and their challenges. I've seen the odd one walking around town with their hoods up and you automatically judge. But that isn't the case at all; they have vision and ambition and I hope they achieve it”



Wild Day Out

As part of the Healthy Conversations taster sessions a group of us piled into the mini bus and went off to the West Midlands Safari



Park. The trip was chosen by residents at Ludlow Foyer who wanted to experience wildlife and thrill rides. We all had an opportunity to face our fears and overcome challenges, whether it was facing the lions charging towards the bus or the 30 meter drop on the Venom theme ride. It was an opportunity for everyone to enjoy the animals which led to great conversations



as well as the sense of achievement when facing their phobias to heights or even the bat cave.

Quotes from the trip

My name is James. I've lived at the Foyer for 18 months. I found the trip to the safari park really interesting as I have a high interest in the anatomy, physiology and general lifestyles of many different animals. The other residents also seemed interested though that may have been for different reasons as they are not used to being around animals. We all really enjoyed the rides



Conversation Group

The young people were quick to respond to forming a group and there have been 15 such meetings to date. Although the HC groups are 'client' led, Foyer staff have put on a few activities to run alongside them as we found it benefited those who lacked confidence and helped generate discussion. At one group meeting we made dream catchers sourced from natural materials which they had collected themselves on country walks i.e. willow branches to form the frames. We also played soft Native American sacred music as a backdrop which they found so relaxing and inspirational that this particular meeting went on for 3 hours! The result was some beautiful handmade dream catchers which they have displayed in their rooms which has contributed to their emotional well-being.

Residents Lounge

This Summer the residents at Ludlow foyer initiated their own project to revamp the communal lounge. Through their weekly resident's meetings, young people at the Foyer took ownership of the project to create a space where they could meet and socialise, enjoy movie nights and entertainment as well as an area to exercise. For years the lounge has been a place filled with tatty furniture, broken games and a rusty exercise bike; a space that did not promote physical and psychological well-



being. 1 in 5 residents living at the Foyer have autistic spectrum difficulties, making the social aspect of their lives often challenging, felt they needed somewhere where they felt comfortable and could relax. The residents designed and coordinated the project from start to finish from budgeting, shopping, decorating and building furniture, here's their journey.....

Cycling For Health

In 2012 Transport Solutions and Shropshire Council gave Ludlow Foyer four bikes to be used by young people to access training, work and to improve their general fitness. As part of the healthy living and eating plan we have promoted a female cycling group, not only to improve their fitness but to build on resilience, self-esteem and confidence in a non judgmental environment. Many of the residents are now including cycling into their weekly exercise routine and are feeling the benefits to their health.

Some of the feedback we've had from the young people:

"Cycling is really rewarding"

"Good fun, good company, good exercise"

"I love just getting out and about, it stops me from sitting in my room"



Hawkstone Park

Hawkstone Park Follies was given the young people of Ludlow Foyer the chance to experience a day of leisurely walking involving woodland walks, cliff edges, tunnels, bridges and ravines. It enabled all abilities to join in and showed how walking can be enjoyable, by the beautiful countryside views and conversations along the way.

Quote "I wish we had longer here, I definitely want to come back so I can finish exploring the whole place. It's been nice to get away from day to day living and just relax"



Walking for health

Walking for Health is run by Shropshire Council and the walks come in a range of ability levels and are specifically catered for anyone who would like to improve their social life and general fitness. The walks have proven to have a positive effect on many aspects of health, such as reducing stress or improving



mental wellbeing.

Ludlow Foyer first opened their café doors to the walkers in October 2011. Staff suggested that they provide lunch and a cup of tea for the walkers on their return from their walk. Since then it has become a popular weekly event for the walkers and the Foyer with Foyer staff becoming walk leaders themselves. The lunch at the Foyer has become an important part of the walk. It not only gives the walkers a tasty hot meal on their return but it gives them a chance to spend some time with the other walkers in a warm and friendly environment. For some of the walkers this is the only social interaction that they have and they very much look forward to it. The residents have also proven to be popular with our walkers and they love being served their lunch by them and finding out what they have been up to during the week. The Foyer put on a Christmas party for the walkers each year where staff and residents will cook and serve the walkers with a traditional Christmas dinner.