

## Stable Family Home Trust

Supporting people with learning disabilities to  
lead more independent lives in Hampshire and  
Dorset



# 40<sup>th</sup> Anniversary Appeal to raise £4.7 million for

-  The purchase and conversion of 4 houses to accommodate a total of 26 adults with learning disabilities to lead more independent lives
-  Conversion of our Abbotsford residential home to self-contained flats for supported living
-  The purchase of a guest house & training centre to be staffed by adults with learning disabilities

## The Case for Support

## Message from the SFHT President, Hallam Mills DL

It would be wrong for the Stable Family Home Trust to stay as we are – there are just too many people asking for our services, and the commissioning authorities want us to do more. They like our model for supported living, and we love seeing our service-users succeed and prosper. We are proud of what we are achieving as a leading provider in Hampshire and Dorset. We like to think we set the standard for others in expanding our supported living service.

Our mission is to help adults over 18 with learning disabilities achieve more and learn to live more independently, with our focused support to empower them. This gives them aspirations to lead more fulfilling lives.

This leads us to start the 40th Anniversary Appeal, to bring about the most significant changes we have ever undertaken since our foundation in 1980. We are not just offering more places; we are also adapting our services, aiming to provide more supported living and less traditional residential places. We have now reached a point where we have no choice but to adapt to the changing needs of the people who use our services who increasingly show an aptitude and desire for more independent supported living.

Additionally, not to be able to make these changes would result in reduced funding for residential placements as the law of diminishing returns would then come into play. The Trustees would rather take on this monumental challenge than see a reduction in residential placements and also a reduction in access to housing.

This means we need to buy and convert four more houses. They have to be freehold, as we look after some of our service-users for all of their adult lives. Our houses cannot be just facilities, they are real independent homes that enhance the lives of their occupants. The existing houses have to be of a high standard and support specific needs. We need to adapt, renovate or extend them.

Most significantly, we aspire to give people choices about friends, how they live, who supports them and to what extent, what they seek as employment and how they spend their leisure time.

Some 100 people are depending on your support, which will enable them to lead even more fulfilling lives. We have a great track record of delivering projects, on time and to budget.

Please help us make this huge difference.



## Message from the Chairman Clive Clifford and the Chief Executive Colin Waters



The Stable Family Home Trust was established more than 3 decades ago as a therapeutic horticultural environment for adults with learning disabilities. At that time they worked on the land by day and were able to have social opportunities in the evening with their peers. Over the following years we have gradually introduced additional facilities and services, allowing us to evolve holistically as a service-driven, forward thinking charity, and demand for our support is increasing.

We continue to fuse tradition with innovation in our methods, and we are committed to a person-centred approach with each person we support; building confidence, developing skills and facilitating participation in their local community. Our co-ordinated care environment, with person centred care plans, builds on individual strengths and needs, whilst providing structure and opportunity. This then leads us to our development aims as a charity - **simply to enable the people we support to reach a point where they can live more independently and to provide more housing for them to do so.**

We have a range of houses and flats in Hampshire and Dorset which provide a home to many of the people who use our services. However, in order to maintain and build upon our 'good' rating with the Care Quality Commission it is paramount that we focus on raising the funds to cover our urgent need for 4 additional properties, major conversions on a current property and to purchase a guest house/training centre in order to develop our training services.

We all value a comfortable home and to be in control of our lives. We feel that the people we support should be able to have the same aspirations, with this in mind we have opened the first of our supported living services, seeing the enormous positive benefit this has brought to people has inspired us to create more opportunities for others.

Come and pay us a visit! We would be delighted to show you around.

## Interesting facts about adults with learning disabilities



Public Health England currently estimates that approximately 25,737 adults in Hampshire and 7,929 adults in Dorset have a learning disability.

Most learning disabilities occur from birth or a childhood illness and the effects are life-long. Learning disabilities are many and varied, and we support over 100 people with a wide range of conditions, ranging through Down's syndrome, Williams syndrome, severe autism, dyspraxia, Fragile X syndrome, dysphasia, bi-polar disorder, some cerebral palsy with learning disability, In fact a number of the clients have physical conditions too including heart problems, mobility issues and diabetes.

The vision set out in 'Valuing People Now', a Government white paper produced in 2009, is for all people with a learning disability to have the right to lead their lives like any other citizen, with the same opportunities and responsibilities and to be treated with the same dignity

and with respect. This same vision drives our work here at the Stable Family Home Trust.

### Person-centred planning

A key element of good service delivery is to develop capacity and capability at an individual level and to design and commission the support services that people need to enable them to live more independently and close to their families and friends. In order to do this a person-centred planning approach (PCP) must be adopted. PCP is accepted as evidence based practice in many countries throughout the world. It is most often used for life planning with people with learning and developmental disabilities



PCP planning enables individuals with disabilities to increase their personal self-determination and improve their own independence. It utilises a number of techniques, with the central premise that any methods used must be reflective of the individual's personal communication mechanisms and assist them to outline their needs, wishes and goals.

With a PCP approach, no two people supported by SFHT have the same service. We work very closely with family members, friends, other professionals and anyone else who is important to the person we support.

**The support we provide is very rounded and holistic, supporting the whole person. We endeavour to ensure that the person's mental, emotional and physical health is taken into account in all our services.**

# Our 40<sup>th</sup> Anniversary Appeal

To provide further supported living accommodation for people with learning disabilities to lead more independent lives



## Three fundraising projects.....

### Project 1

#### The purchase of 4 houses to accommodate a total of 23 adults with learning disabilities to lead more independent lives

A message from the Board of Trustees:

Social care, and therefore the services provided by the Stable Family Home Trust, are going through a period of rapid change and in order to ensure the high quality care we provide for our clients, it is imperative that we take a lead in this challenging period. Thus, our 40th Anniversary Appeal is the most important development that the charity has ever organised, because we are committed to developing the structure of our supported housing, to be able to move forward with confidence into the 21st century and beyond.

Over the past 40 years we have developed a very successful model of support for adults with learning disabilities, and as a service provider we have been able to become a leading provider of care for people across Hampshire and Dorset. The needs of the clients are paramount to us and securing their future is our priority. Our central objective is to find the right lifestyle for the people we support. Most often, our clients want a less restrictive life, where they can make more of their own choices.

We have now reached a point where we have no choice but to adapt to the changing needs of both our clients and our funding authorities – all 13 of them - who continue to reduce funding for residential placements. As a result we now quickly need additional properties to accommodate the people we are committed to supporting. For most people with learning disabilities, support is intrinsically linked with being able to live successfully in their own homes and a strategy for housing cannot be separated from a strategy for support.

We have already undertaken a successful pilot with tenants moving into a supported living home in Southern Rd, Southbourne in 2016, and it has proved to be a very successful model for the charity to follow. The benefits of owning our own properties are enormous; we will be able to have the choice of layout with the freedom to convert property into self contained flats according to the tenants needs and the monthly rental income will help secure the financial future of the charity.

- ✔ **Cost circa £3,391,000 (based on previous purchases), including purchase cost, conversion cost, purchase fees and administration costs.**
- ✔ **Next page details our Project 1 progress as at November 2018**

## House 1 - KINGS PARK – Purchased under budget

**SUCCESS!**



We were delighted to purchase this property in March 2017 funds raised from generous trusts, foundations and individuals. 6 tenants moved in at the beginning of September 2017 after it was fully converted into self-contained apartments. The early signs in this supported living house are good. The tenants share a communal lounge and kitchen along with the important addition of their own facilities in self-contained flats. The house is close to local shops and amenities and has easy transport links.

## House 2 – MERRIVALE – Purchased under budget

**SUCCESS!**



We placed an offer on this property in June 2018 and completed in August 2018. The property currently has 5 double bedrooms, a large ground floor wet room with bath, a first floor shower room with toilet, fully fitted kitchen and a large lounge area.

The property is in excellent condition, having recently been extended and fully renovated. It is therefore ready to be occupied by 5 tenants on completion of the purchase.

SFHT plan to further enhance the property as funds allow; this will include the addition of two en-suites on the ground floor, and a kitchenette to the first floor. We also intend to seek planning permission to demolish the existing garage and build a self-contained studio apartment. This will accommodate one more person, bringing the total occupancy to 6 people. By building the studio apartment first, we could carry out all alterations without the need for the tenants to move out during the works.

**We are now actively fundraising for House 3 which will be situated in Ringwood, Hampshire or Southbourne, Dorset.**

## Project 2

### Abbotsford Residential Home – Conversion to self- contained flats for supported living - £300,000



Abbotsford was one of our residential care homes, purchased in 1985. The adults with learning disabilities who lived in this 9 bedroomed property had regular support and the home acted as a pathway to supported living. As part of our commitment to supporting people to live more independently, we converted this property into self-contained flats and a large communal lounge area to provide the people who live here with greater independence in a

supported living environment. We were able to expedite this work by using some of our charitable reserves.

✔ **Total required - £300,000**

✔ **As at July 2018 the work was fully funded. Tenants are now living in their newly converted home.**

## Project 3

### The purchase of a guest house & training centre to be staffed by adults with learning disabilities



Our ASPIRE Personal Development Programme gives adults with a learning disability a unique way to gain skills that develop independence and enhance their lifestyles. The accredited educational courses and job coaching which we offer provide real experiences and real qualifications which can be used in real life. We have aspirations to open a training guest house (*example left*) which will be staffed by the SFHT clients, to offer vocational training in hospitality and catering.

✔ **Total required circa £1,000,000**

✔ **This purchase will be undertaken after we have purchased the additional houses. We shall fundraise specifically for this at that time.**

# The current services and support offered by The Stable Family Home Trust



## Residential living in 1 home.....

### THE STABLES (CQC rating: Good)



Nestled in a beautiful country setting at Bisterne, just outside Ringwood in Hampshire, The Stables provides an expansive and homely environment within which we have our main administrative offices, our day skills based activities (ASPIRE services) and our very first shared accommodation. The Stables Flat accommodates 8 tenants, each with their own bedroom and bathroom. The flat is spacious, with a large kitchen and communal lounge. The tenants are able to attend activities on site at The Stables and retire to their own space later in the day to

relax, interact with other tenants, cook, tidy up and generally live as independently as they are able. A twenty four hour service is provided. People are supported to choose what they do during the day; this may be college courses, employment or the Aspire Personal Development Programme. People living in this home may be sharing a home but are not expected to share their lives.

## Supported living (leading to increased independence) now in 6 homes in Southbourne, Dorset

### PINEHAVEN



Pinehaven is a large home a short walk from Southbourne and the beach. There are comfortable communal areas – the lounge, dining room, games room and the kitchen which is the heart of the home. The doors open directly onto an enclosed south facing back garden, with a large lawn, paved seating area and a summerhouse.

### ABBOTSFORD



Abbotsford is a 1920's villa home situated in Southbourne. Recently converted to self-contained flats in 2018 it is staffed 24/7 with a staff member sleeping in. As with all our supported living homes each person is a tenant in receipt of benefits which pay for their housing and living costs. Everyone has some individual support hours – depending on their needs. This is an ideal model of support as individuals have more choice and freedom, each person has their own space and the freedom and choice on how to spend their own money.

## SOUTHERN ROAD

In 2016 we opened the first of our Supported Living Services. Situated in Southbourne, Dorset. This property comprises two individual flats. The ground floor is fully accessible and has its own communal kitchen and lounge. The top flat has a communal kitchen and a lounge for four people. Of the six people who moved in, five moved from former residential homes – one person had been living in residential care for more than 30 years! All of the six people who moved are 'over the moon' about their new lives.



## BELLE VUE

Belle Vue. This property provides supported living accommodation for six people with their own self-contained flats. It also has a bungalow in the grounds, providing accommodation for two people. Everybody has settled well into this home and with staff support are adapting to the transfer over to Supported Living. Clients are thoroughly enjoying learning new skills and are embracing having their own individual menus and food shops.



## HARLEITH

Harleith is a large house in a quiet residential area, just a few minutes' walk from the beach. The house is served by good public transport and is close to shops, swimming, cinema, parks and seaside walks which give residents here a good choice of activities and pastimes to enjoy. There are eight bedrooms, some en-suite, spread over the three floors of the house.



## KINGS PARK

The Kings Park House was purchased as the first of four additional houses funded through our **40<sup>th</sup> Anniversary Appeal**. The house is home to 6 learning disabled adults who have their own self-contained flats along with a communal kitchen and lounge area. The same supported living standards apply as described at the Southern Rd property



We shall soon have our 7<sup>th</sup> supported living home in Southbourne....

## MERRIVALE

The Merrivale House is the second property purchased through funds raised within our **40<sup>th</sup> Anniversary Appeal**. The property will initially be home to 5 tenants then, after a proposed conversion, 6.



## Supported Living Case Study

*M is a very likable 40yr old man with mild/moderate learning difficulties, he came to live at Abbotsford when he was 35 years old with the ambition of moving to his own flat within five years. Up until this point M had always lived at home with his very caring parents and in his mum's words "we do everything for M." Although M attended our day service he never went out in the community on his own or with friends. Right from the start M was determined to learn new skills, we sat and chatted with M asking him what he would like to achieve first, so with M we completed a person-centred support plan and a 'my goals & aims' chart recording dates that M would like to achieve his goals.*

*Some of the first things M achieved on his own were using a shower, being able shave himself and a routine of cleaning his room using a vacuum cleaner.*

*The local authority paid for M to have 8hrs one-to-one support a week this was added on to the fee they pay the SFHT for M to live at Abbotsford. This one-to-one support helped staff to support M to learn how to make small snack meals for himself building up to doing a weekly menu for himself, making a shopping list, going to the shops independently to purchase the food and cook a hot meal for himself. Staff supported M with road safety skills where they would ask M to take the lead, showing them how, when and where to cross the roads. M's determination meant he learned all his new skills quickly. From learning road safety and stranger danger skills M started going out to other local towns travelling by bus sometimes with a friend or independently; they would go to cafes, the shops or to the Pub to play pool in the evening. He also was able to stay safe in the house independently, something we call time "home alone." M now has additional skills such as money management, safe use of a computer, cookery and pottery – he has produced lovely planters for our garden and for the Trust to sell at open days*

*Now, M, who has a great passion for horses, has learned to ride through SFHT and spent considerable time helping out at local stables mucking out and tacking up horses in return for a free ride out. M finally realised his dream and moved into our Southern Road property with three other housemates in August 2016 almost 5 years to the day that he moved into Abbotsford.*

## **‘ASPIRE’ Personal Development Programmes with measured outcomes**



### **Work Experience / Job Coaching / Accredited Educational Courses**

In 2012, the Department of Health's Adult Social Care Outcomes Framework determined that 7% of people with learning disabilities have a job and 65% want one. The actuality is that paid employment, and even paid self-employment, is a realistic and achievable goal with the right sort of training and support. Clients at the Stable Family Home Trust are encouraged to join in with a variety of activities to support skills development and learning. There are opportunities to work alone and as part of a team; this not only supports development in the individual's personal life but also offers skills that can be transferred to a workplace.

### **Our Personal Development Programme ‘ASPIRE’ offers vocational and educational opportunities to learn new skills and build self-confidence.**

At SFHT we talk a lot about people's rights and choices. We believe that it is in everyone's right to feel loved, respected, valued and have the ability to grow in self-confidence and self-esteem and to enable each individual to become the person they want to be and live the life they want.

A series of opportunities have developed alongside training courses where we can deliver a modern and vibrant service within local community settings and at the same time continue to use our excellent shared resources and the talents and skills we have within our staff teams.

Key areas of our ASPIRE programme are our accredited Hospitality Courses. We work to ensure that we offer people opportunities that not only give a wider range of choice, but also opportunities to learn skills that will be invaluable in gaining greater independence skills within their own homes. This in turn opens up future employment opportunities and

the ability to gain recognised qualifications. Clients on this project have a wide and varied prospectus underpinned with an  **ASDAN** qualification

**Course content includes:**

- ✔ **Health and Safety at Work**
- ✔ **Food hygiene training**
- ✔ **Purchasing Stock**
- ✔ **Food preparation**
- ✔ **Food Service**
- ✔ **Maintaining a Busy Kitchen**



- ✔ **Housekeeping**
- ✔ **Customer Service**
- ✔ **Till Training**
- ✔ **Cash Handling and Budget Management**
- ✔ **Front of House / Reception**
- ✔ **Experience of Menu Planning & Nutrition**

**Clients are able to learn these skills over two locations:**

**1. 'Gifted' – Garden centre and gift shop, Highcliffe, Dorset.**



As part of the day opportunities on offer at the Stable Family Home Trust, our small garden centre, gift shop and training outlet 'Gifted', based in Highcliffe, Dorset, offers an exciting and unique opportunity for the clients to learn new skills such as cultivating plants and shrubs, arranging displays, stock control, serving in the shop, taking part in craft workshops, and being part of an exciting venture that leads to a valued experience through community connecting.

The Project is not only a direct support service for people with a learning disability, but also a local community resource for everyone. The shop sells Artisan pottery craftwork, woodwork and garden produce, made and grown at the Stable Family Home Trust's Day Services in Ringwood, as well as a range of garden supplies, accessories, plants and gifts.

The scope for opportunities is enormous, yet the experience for individuals will be unique, with the Service providing a support group for just six people at any one time. Through use of our programmes on offer at 'Gifted' the clients experience positive outcomes in areas such as personal growth, confidence, and greater independence and employability skills. We are thrilled to see that our venture at 'Gifted' has been warmly embraced by the local community.



## 2. The Stables, Bisterne, Nr Ringwood, Hampshire

At our main premises, The Stables, we have a dedicated dance and drama studio, pottery studio, woodwork studio, training kitchen, IT suite and extensive gardens. Using these facilities the clients are able to make use of the following learning opportunities:

- 👉 **Community enterprise sessions**
- 👉 **Horticulture**
- 👉 **Hospitality and catering course**
- 👉 **Retail outlet experience and qualification**
- 👉 **Floristry**
- 👉 **Drama, stage work, music**
- 👉 **Relationship courses**
- 👉 **Independent living skills course**
- 👉 **Work experience & CV building**
- 👉 **Art & craft sessions**
- 👉 **Pottery**
- 👉 **Keep fit & healthy lifestyle**
- 👉 **IT sessions**
- 👉 **Woodwork**



Additionally our **Job Coach** works with individuals to find out what work they would like to do and then helps them to find a job. People are supported to find work that is paid and voluntary. This is difficult and can be challenging as most people we support have never had a job. People think about what they are good at and what they enjoy and are then supported to look for jobs, to apply, to get ready for and attend an interview. There is a lot of preparation work. Once people have a job they are supported to keep the job. The Job Coach will visit the workplace and sort out any problems the person or their manager may have; helping the person check health & safety in the workplace and helps them understand about their benefits.

The Job Coach has also supported a few people to become self-employed. This means they can do casual labour – like farm and forestry work. This is easier to find and is a good way for people to earn money without having to do regular hours each week.

Other examples of work obtained are: Charity shops, pubs, restaurants and cafes, retail shops, children's nursery, DIY shops, farm, car wash.

**NOTE:** All of our staff and volunteers in our ASPIRE programme have a DBS and employment history check and are supervised and trained to work with people in a way that values individuality, promotes people's rights and maximises their choices and independence.



## CASE STUDY **ASPIRE personal development programme**

*P has been attending Skillsbase for a year. During this time she has done different courses that reflect her changing needs and goals. She initially started coming to improve her numeracy skills as she was working on the till at Gifted and needed some additional support and confidence building. She had very positive feedback from her support worker at Gifted and after several months she showed a marked improvement.*

*She also does computer skills and has learned how to keep herself safe on social media. She does a cooking course and benefits from social skills practice such as not interrupting others, waiting her turn to use equipment and tidying up after herself. As part of the Asdan Hospitality training, A has been working towards competencies for her Food Safety level 2 certificate and hopes to find work within the hospitality sector.*

## Day activities & opportunities

Not all the people we support are able to achieve a higher level of independence or independent lives. We work with these individuals who may have multiple or complex support needs, in a way that maximises their skills; enables them to enjoy busy lives; ensures their safety; supports them to access good health care; and helps them maintain relationships with the people who are important in their lives.

The Stable Family Home Trust offers a wide and creative range of day opportunities for the clients at the Stables in Bisterne, within the community and at our homes. We believe that people should lead active and stimulating lives that match their abilities and interests. Most of our sessions are run in small groups with a Development Co-ordinator working with no more than six people. Participants also have the services of a Health & Welfare Manager on hand to ensure that all their needs are met.

### Activities include:

- ✔ **Cookery**
- ✔ **General gardening**
- ✔ **Pottery in our pottery studio**
- ✔ **Art and craft sessions**
- ✔ **Computing**
- ✔ **Woodwork**
- ✔ **Drama, singing, music, stage work**
- ✔ **Yoga**
- ✔ **Daily living skills**



These sessions can be therapeutic, or give a person the chance to express themselves when they have communication support needs. People often discover artisan and creative skills within themselves that can compensate for some of the things they cannot do. People can gain a real sense of satisfaction and purpose as they make a gift for someone special, serve up a meal for others to share or take home to cook the fruit and vegetables they have produced from our beautiful, productive and eco-friendly 2 ½ acre walled garden. Our gardener and clients

manage to produce a good deal of the fruit and vegetables that we use in the kitchen at The Stables and many of the plants we grow are sold on in 'Gifted'.

## Day trips and mini breaks



We also support people with a vast range of options for travelling in the UK. This may include a weekend camping trip, attending a music festival, watching air shows, visiting well known attractions or perhaps a cultural tour of an old city. It all depends on the wishes of each individual. We have found that these trips are a key element in enhancing independent living skills and integration.



## Fundraising at The Stable Family Home Trust

### Trusts and Foundations

We strive to provide improved facilities for adults with learning disabilities. Whether this is the purchase or building of a new supported living home or renovations of our existing facilities. We are extremely grateful for all grants received by trusts, foundations and other grant-giving organisations. It is imperative that for our ongoing capital funding needs that we are supported by the generous grants given through this income channel. We endeavour to develop and maintain good relationships with all our donors, along with establishing new support, as we move forward to generate income for carrying out our much needed services.



### Events and Activities

Our supporters raise money for us in many different ways. From sporty challenges such as sponsored walks, cycling and swimming to sponsored hair cutting, coffee mornings and fancy dress days. Events are also great fun and an excellent way to raise money for us. Throughout the year we hold regular fundraising events at The Stables which are always well attended. Lots of our fantastic supporters also choose to hold events throughout the year and we provide them with the necessary support to do so. We are always hugely appreciative of

community support and are proud that we have raised such an awareness of our charity in the local area.

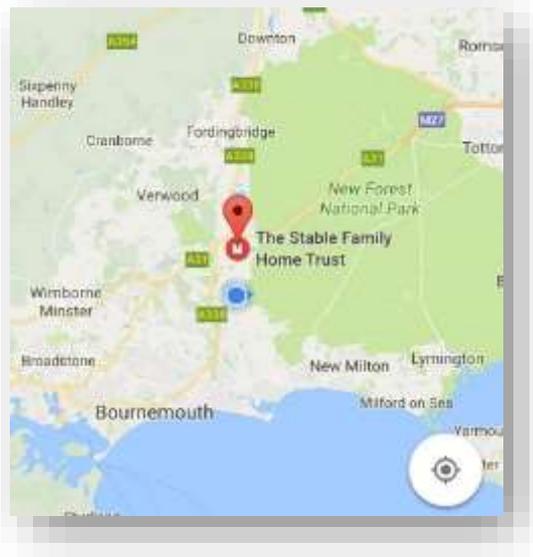
### Corporate Support

By working in partnership with The Stable Family Home Trust an organisation can demonstrate that it is addressing Corporate Social Responsibility by supporting people with a learning disability. The partnership also enhances mutual PR as our events are supported by a wide cross section of the public and are often mentioned in the local media. Ways in which our organisations support us include:

- Choosing The Stable Family Home Trust as their Charity of the Year
- Encouraging their staff to fundraise for us
- Providing a work experience opportunity for someone with a learning disability
- Offering Gifts in Kind
- Making a donation
- Providing Sponsorship
- Motivating staff to take part in a fundraising Charity Challenge

### Legacies

Legacies are important to us as they are a way of securing the long term future of The Stable Family Home Trust. Whatever the reason for choosing The Stable Family Home Trust to receive a legacy a person can be sure that it will be used wisely to benefit the future generations of people with a learning disability that we support.



For further information please contact:

**Fundraising Department**  
**SFHT**  
**The Stables**  
**Bisterne**  
**Ringwood**  
**Hants BH24 3BN**

**Tel: 01425 478043**

**Email [fundraising@sfht.org.uk](mailto:fundraising@sfht.org.uk)**

**Website [www.sfht.org.uk](http://www.sfht.org.uk)**

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The Stable Family Home Trust follows the Institute of Fundraising's Code of Practice – legal, open, honest and respectful

