



Part of the community for over 80 years.

Woodhall is home to:

- ❖ Woodhall Opportunities Project, a day service for adult disability services.
- ❖ Woodhall Community Services
- ❖ Woodhall Community Centre event and room hire.



The magazine co-produced and written by the students and staff from

2023 so far...

Let's look at our vision and see how far we have come.

2023 has been a busy year so far, with grant funding support we have been working to improve the lives and skills of the people who attend our day service. Accessing improved equipment to help with vocational training has been a massive benefit and will help confidence grow with each of our sessions.

We are growing the day service with new referrals from both private and social service funded guests to use the service. New faces bring new experiences and an opportunity to learn from each other.

We are publishing our vision documents for all to see and our new business poster is going up on the wall very soon.

Look out for our "you said, we did" board going up. A way for us to show you how we have acted upon feedback throughout the year.

We are in the process of securing new grants to help improve the outside of the building to make this a nicer place to walk past...and maybe come in, and say hi.

If you, or someone you know would like more information on accessing our day services, please get in touch or drop in for an informal chat.

Getting ready for Spring

The weather has been very cold and it has been difficult to get outside for our horticulture sessions as much as we would have liked. We had some sunnier, slightly warmer days last month and were able to have some full days out in the front garden tidying up, weeding and planting bulbs.

We are setting the groundwork for our spring and summer programme, which we are all looking forward to



Everyone worked really hard and enjoyed being out in the fresh air and nature, and working as a team together to improve the surrounding area, which had become quite overgrown and a bit untidy during the winter months. We have had many compliments about how lovely the front garden looks. We are looking forward to getting outdoors a lot more as spring comes along and we have warmer weather.

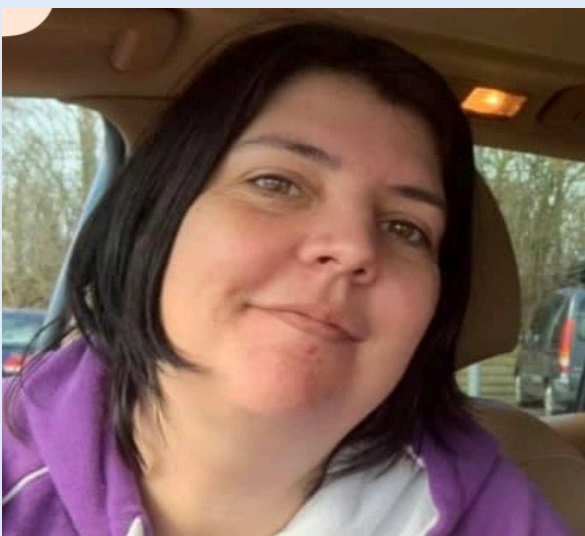
Bird boxes

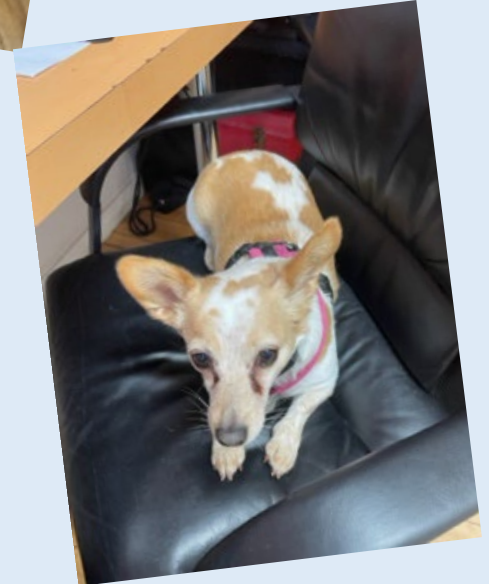
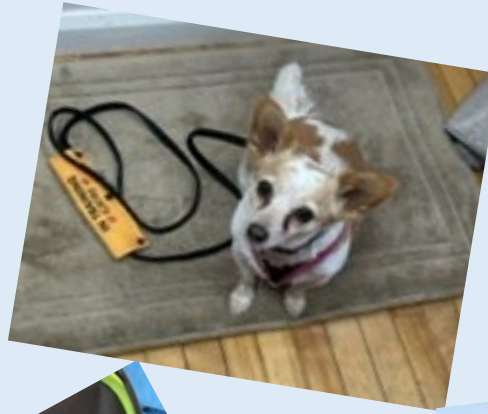
The students were looking at different ways that they are able to help the different animals that are around the local areas, and they had made the decision that the local area needs to have a place for the birds. Once they noticed that the birds need a place to go they made their own bird boxes. Students helped to build the sturdy boxes. They also helped to paint them and were able to make them into anything that they wanted to. All of the students worked together to complete decorating the boxes. After they had done this, they then went out into the local areas and picked where they wanted to put up the bird boxes. Everyone helped with putting them up and securing them to the trees. If you are out in the area near Woodhall then make sure that you keep an eye out and look for all of the bright bird boxes that our students have made, and that they are very proud of.



New Staff

Welcome to Nikki our new locum staff member. We are really happy to have Nikki with us and she brings lots of experience as she has a background of working in similar settings. She is going to be bringing new sports opportunities to Woodhall as she has a lot of knowledge in this area, which will be a real benefit.





Animal visits

At Woodhall we now have an emotional support dog that supports one of the volunteers. She also helps all of the students that come, they are able to sit with her and have time to process their feelings and emotions that they may be struggling with. When suki (the dog) is not at Woodhall, all of the students miss her and feel like they need her to help with their anxiety and feelings. She is also a calming influence and she helps with the overall mood. We also have a dog called Wanda visit, she is one of the staff dogs, having her helps with the student's mood, and she likes to be able to run around the hall with her the students. We were also lucky to have a chance to have a bearded dragon come in for a day, and students were able to learn about them and have an opportunity to hold and feel the bearded dragon. This was a good educational visit and all of the students liked having the opportunity to have time with a reptile that they may not have at home.

Out and about

The students have been out and about making sure that they are delivering all of the newsletters that were made last year they have really liked being able to go out into the local areas and give out the letters that they are very proud of.



This has also been helping with them developing skills that they can use in their home daily life. While they have been out, they have also been working on their road safety and learning how to be safe when they are out and about.

All of the students have been going out no matter how much they can do. The students have also been on trips further afield including a trip to The Galleria in Hatfield. All of the students who went were able to go round all of the shops and spend the money that they took with them.



This also allowed the students to learn and develop their understanding of money and use skills that they have learnt at Woodhall out in the community. Another outing included a trip to our local café for some lunch the students were able to order what they wanted and have some time away from Woodhall. This also allowed them to use the money skills and talk to people that are not supporting them giving them the ability to develop independent skills in this trip.

Cooking

We have regular cooking sessions and always try to make different things so students have a chance to try new recipes and gain confidence and knowledge in the kitchen. Our cooking sessions are very popular and many students really enjoy taking part, learning new skills and being able to take their dishes home to enjoy.



Some of the things we have cooked over recent months include spaghetti Bolognese, pizza, homemade soup and bread, and biscuits. We always ask students for ideas as to what they would like to cook so everyone is included in the final decision-making. Students who would like to cook bring in £5, which goes towards the cost of the ingredients.



Mmm... bread

Reasons to celebrate

Last week Woodhall Opportunities Project run by SJOG, achieved national recognition as a certified finalist in the National 3rd Sector Care Awards, held in Birmingham.

The Market Awards celebrate care services that go above and beyond to provide outstanding services and achieve quality of life outcomes for individuals who have additional needs. Woodhall, based in Welwyn Garden City, was one of 3 finalists in the UK to be recognised for their services to the community and the lives of people with disabilities.

Mo the representative from Woodhall, who accepted the finalist award said "it was an absolute honour to be nominated and a to be a finalist amongst such fierce competition and other deserving providers. It was an inspiring event to be part of. I am proud to have our team's co-production and people centred practices recognised, as well as the way we reach out to the wider community to help provide meaningful and targeted services. Woodhall is an innovative service, where there is a need we endeavour to meet it, we continue to develop the service every day and we aim to be back next year holding the



Grant Shapps visits Woodhall

On the 3rd February we had a visit from local MP Grant Shapps who came to meet with one of our students Jamie who is keen to get involved with the Conservative party and local politics. They had a good discussion and Jamie shared some of his ideas that he wanted to help improve in the local area such as policing and recycling. Jamie has been given the opportunity of taking on a volunteer role with the local party delivering conservative leaflets locally, which is a great benefit to them. Grant has invited Jamie to Downing Street later this month to have a tour where he will also get to go to Parliament and Westminster Hall, which will be a great learning experience.

Fame and fortune.

Did you know Woodhall is home to many famous faces. David Bowie played here under his stage name and under his original name.

We continue that tradition by showing you some of the times we (and our team) have made a splash in the headlines.

Student Jamie made the papers with his aspiring political career

Student Dave is an aspiring author who's work in the community made headlines

Former Special Olympic gold medallist Phil finished his vocational programme with us

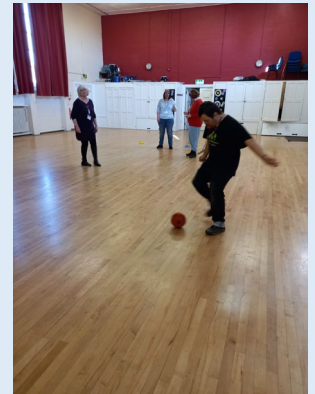
Student Matthew lit up the headlines with his amazing Christmas display

Woodhall has been very proud to host and enable events which hit local headlines. Fund raising for disability services, Crime prevention, Community services for Christmas and our annual 'Doing Good Day'.

Sports push

Over the last 3 months here at Woodhall we have started to take part in a lot more sports and use this as a way of developing relationships and building up lots of new skills that can be used in different parts of life. All of the students have really enjoyed this and have been taking part. We have made sure to put on a wide range of different sports so that all of the students are able to take part no matter what their ability is. Some of the different sports that have been played are football, bowls and basketball. For inclusivity, we start with seated and walking versions of sports to help build confidence.

The students have liked all of these, they also get to pick what they want to do, and they help with picking what sport we do when. All of the students have also found that having more access to sports is helping them with their mental wellbeing and helping with their mood, this has made an impact on other things that we do as the students are happier and they are able to engage with things better.



Space... the final frontier

In February, the students and the staff had a whole month to learn about space and experience some of the different things that happen in space. The activities were things such as making their own planets and creating their own aliens to live on the planet, this helped the students to develop their imagination skills and their art skills as they created their own 3D planets. Some of the other things that they had done were learning about what order the planets are in and how they moved.



A physical lesson that everyone enjoyed was making the constellation on the floor working in a team and making their own.

To learn about what astronauts eat the students were able to look at different foods and the different textures that can be eaten in such as having a banana and seeing it in different forms they also experienced the different textures and if the taste changed. The students learnt lots through this month and developed new skills.



Celebrating Diversity

We have celebrated a number of events and festivals over the past few months, and our students have really enjoyed learning about different cultures and the traditions. For Chinese New Year in January, we created traditional paper lanterns, which we decorated. We learnt all about the different animal Chinese zodiac signs. Students really enjoyed finding out what Chinese New Year animal sign they were born in and learning all about the different meanings.



We celebrated St David's Day by making Daffodils and learning about the famous Saint. Pancake and Valentine's day was a busy week of cooking. Our students made some delicious Valentines biscuits and everyone got to enjoy a pancake with a choice of toppings. We also learnt about the Hindu festival Holi which is famous for its multi - coloured paint throwing and made some Holi trees.



Ask me anything!



In every edition of our newsletter one of our students has the opportunity to interview a member of staff from the Woodhall team and find out a bit about them. This time Katrina interviewed one of our fantastic support workers Julie.

Katrina: What holidays do you like going on and in particular what is your favourite one?

Julie: I like lots of different holidays, I like going to holidays abroad or within the UK. My favourite holiday would have to be Disneyland in Florida.

Katrina: What is your favourite music?

Julie: I don't really like Opera but I haven't really got a favourite type of music. I just like to listen to whatever's playing.

Katrina: What TV programs do you like to watch?

Julie: I used to watch Coronation Street and EastEnders but not anymore. Nowadays I like different programs; I enjoy murder mysteries and drama. I also like comedy films. I don't like horror!

Katrina: What favourite foods do you like cooking?

Julie: I like to cook anything. I haven't really got a favourite, I like cooking lots of different things. Yesterday I made Toad in the Hole.

Katrina: Do you like shopping?

Julie: Yes I do love shopping, I like clothes, shoe shopping, food shopping and holiday shopping. All different types of shopping!

Katrina: Do you like Horse riding?

Julie: I used to go horse riding in the past. A lady I used to live near had horses and I would go riding and would help muck out and clean the stables. I enjoyed it.

Katrina: Do you like parties?

Julie: I LOVE parties.

Katrina: Do you like reading magazines?

Julie: yes I like lots of magazines. I like Bella, Take a break, OK and Chat. I usually buy them when I go on holiday to take with me.

Do you like jewellery?

Community Activities Every Week

Mon	Tue	Wed	Thur	Fri	Sat	Sun
10 am. Strength and Balance Class with Stevenage FCF	5pm Youth group run by forever young people	4pm Karate with Lea Valley	5pm Cheerleading with Saracens	Youth Group, referrals only	11 am Step and sweat dance based fitness with Patrick	
7pm Yoga with Sunil and secret space	7pm Step class with Laila	7pm Step class with Laila	6.30pm Yoga with Sunil and secret space			
	8.30 pm Step and sweat dance based fitness with Patrick	8pm Boxing and exercise with The Combination Club				

Other regular events you may be interested in:

Tea Dance – A monthly dance for all ages and abilities

UBW Wrestling – Events throughout the year, wrestling entertainment

Peculiar market – Events throughout the year Alternative fashion and stalls

Sparrow Crafts – Monthly crafting workshop

Spaced Herts - Events throughout the year – Autism group for children

Services for young people – Weekly targeted support – refer through council

Woodhall Directory

Do you want to book onto a class or event? Contact the provider and make an enquiry.

- Combination club – 07754559775
- Foetal Alcohol Syndrome support group – Hertsfasd@yahoo.com
- Forever young people youth group - 07432565885
- Lea Valley Karate – 01707769061
- Peculiar market – thepeculiarmarket@gmail.com
- Secret spaces yoga – 01992503141
- Spaced graffiti and crafting – spaceherts.org.uk
- Sparrow craft club – sparrowcraftclub@hotmail.com
- Step class with Laila – 079762796194
- Step and sweat dance exercise – www.patrickrajahelm.com
- Strength and balance with Stevenage fcf -07930302102
- Tea Dance – 01707264154
- Wrestling - UBW – www.weareubw.com

HOW TO FIND OUT MORE

www.woodhall.org.uk – All the services we offer at Woodhall including everything you need to make an enquiry about hall hire.

woodhall@sjog.org.uk – Email us any other enquiries you may have

www.sjog.org.uk – Our parent charity and their contact details

Enquiries@sjog.org.uk – For enquiries for any of our charities services and information

www.facebook.com/woodhallcommunitycentre/ - Why not follow us on facebook

01707802829 – Main office number

Why not come in and pick up our leaflets, posters, service user guides or better yet, a volunteer application form.

Coming soon...

This year will see a new redevelopment of our sensory garden and the area at the front of Woodhall.

We will be going out into the community to do good for the people around us.

The summer play

Summer Festival

Keep an eye out for our Kings Coronation Celebration Event – information to be released soon

CHECK FACEBOOK FOR EVENTS AND DATES

This Magazine was produced with grant funding from Hertfordshire community foundation . Assisted by the work from our partners in the Herts Sports Partnership and the WH Healthy hub. Woodhall is part of the SJOG charity family.

