

## E-Newsletter January 2024

### Welcome

As we start a new year we have a lot of exciting plans to look forward to. Our fundraising team and supporters are planning a variety of events. Meanwhile our adults have been enjoying some fun activities and have already been out and about on trips despite the recent chilly weather.

### Festive Farm Visit

The Marchesi group had a lovely time meeting all the animals at Pennywell Farm over Christmas.



### Are you up for a fun challenge?

How about signing up for the Inflatable 5K? A fun event for all ages and you can team up with friends or family.

Get ready to bounce your way through the World's biggest Inflatable 5K Obstacle Course!

Saturday 22nd April in Exeter

We have booked 10 places for this event at a special rate. Sign up with us and help raise vital funds for Dame Hannahs. To book your places contact Debbie Lumsdon on 01752 898106

For more information about the event click here:

[https://www.ukrunningevents.co.uk/events/inflatable-5k/exeter\\_devon\\_2024](https://www.ukrunningevents.co.uk/events/inflatable-5k/exeter_devon_2024)

## **Valentines Hearts**

In a recent Chill and Chat session everyone made beautiful tissue paper hearts for the Valentines display. Romance is already in the air for Valentines Day!



## **Are you interested in becoming a Trustee?**

At Dame Hannahs we are looking to strengthen our Board of Trustees with two individuals with senior level or Trustee experience specific to the Health and Social Care sector, who can use their leadership skills and talents to contribute to the ongoing success of the Charity.

The role of a board member is fundamental and together we are the governance body of Dame Hannahs with responsibility for safeguarding, strategy, finances as well as our other statutory responsibilities.

The Dame Hannah Rogers Trust was founded over 250 years ago and is one of the oldest charities in the UK. Throughout the proud history of the Trust, the aim has always been simple: to empower, advocate and enrich the lives of young adults with complex and high-level physical disabilities.

Today the legacy is now helping and improving the lives of young adults from all over the South West and further. Currently we have 33 residents living onsite receiving 24-hour care and support alongside 4-day placements. Many of our young adults have life limiting conditions and will spend the majority of the rest of their lives in our care and living on the Ivybridge site. Notwithstanding their disabilities, Dame Hannahs enables the people we support to live as independently as possible and supports them to participate in everyday life, including daily living skills and activities. We also provide a large number of social, therapeutic and sport sessions.

If you are interested in this role please visit our website:

<https://www.discoverhannahs.org/our-charity/work-for-us/positions/job?job=22>

## Bucket Collection

Thank you to everyone who supported us at our bucket collection at Morrisons in Outland Road, Plymouth recently. Bex and Andrew came along to help and really pulled in the crowds. We were delighted to raise £270.



## Aquarium Visit

A group from The Mews visited the Aquarium in Plymouth recently. They had a wonderful time and were completely mesmerised by all the beautiful fish both large and small.





## Yoga and Music

We are lucky to have Winnie and Chris who come in every week to lead a yoga session and community music group respectively. Our young adults really benefit from both.



## Football Jackets

Two teams of young footballers are now looking very smart in their Dame Hannahs training jackets and are helping to spread the word about our charity. We are delighted to be supporting Hunters District Under 11 Girls and Plymouth United Boys Under 10s and wish them good luck in their matches.



We would like to say a huge thank you to all our volunteers and fundraisers for all their dedication and hard work.

If you would like to get involved please contact [supportus@discoverhannahs.org](mailto:supportus@discoverhannahs.org)



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