

SPRING 2019

Hannah Time



Featuring:

- *New Walking Event*
- *Update from our Headteacher*
- *Recipe from the Kitchen*



The magazine of the Dame Hannah Rogers Charity

www.discoverhannahs.org

hannahs
dame hannah rogers charity

WELCOME

Hannah Time 2019

Welcome to the latest edition of Hannah Time. As you will see there's plenty going on - especially as we're now able to take on outdoor activities. Our young adults are enjoying their weekly sailing trips on Plymouth Sound and bushcraft sessions at Burrator Reservoir as well as the dog walks to some of the most beautiful places in Devon. They continue to run the weekly coffee shop and radio show as well as taking part in tennis, music, yoga, drumming and wheelchair football - topping it all off with pet and Lego therapy sessions.

Meanwhile our children have been working on a variety of school projects and enjoying their music, art and life skills sessions. All of our young people benefit hugely from working with our therapies teams. Every member of staff does everything to ensure our young people lead as healthy a life as possible and reach their full potential in our happy learning environment. No special day goes without a celebration whether it be Pancake Races on Shrove Tuesday, Red Nose Day fun and games, Mother's Day Coffee Morning, Easter Egg Hunt and numerous bake offs!

A special thank you to our fundraisers - you continue to take on exciting new challenges including a Sahara Desert Trek, Sky Dive, Wing Walk and Rowathon. It all sounds very energetic - maybe it's because everyone is getting out into the open air more! We are extremely grateful to all our supporters - you go out of your way not only to raise vital funds for all the young people we support but also to spread the word that Dame Hannah Rogers' legacy lives on in the work we are able to do. Thank you!

Professor David Coslett
Chair, Dame Hannah Rogers Trust



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www.discoverhannahs.org

Telephone: 01752 898 135

Email: supportus@discoverhannahs.org

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OUR HEADTEACHER

Jason Ryder

A Great Year for Dame Hannah Rogers School

Jason with Zac and his Grandmother, Lesley

As one of the oldest charities in the country, Dame Hannah Rogers has long had a reputation for providing excellent care and education for disabled children and adults. I was delighted to be appointed as the Headteacher of the school in September 2018 and join the wider Trust Leadership Team to take Dame Hannah's forward in to the future.

As a member of the local community, I have always been aware of the amazing work of Dame Hannah's to enrich the lives of disabled people but, seeing this work up close, has been truly inspiring. Every day the staff at DHR work tirelessly to provide our children and adults with experiences that dramatically improve their quality of life. In the context of the school, this means a rich

educational experience built around a personalised curriculum for each student. As well as structured lessons, students access a range of therapies and activities such as cooking, music and a 'life-skills programme' where they visit National Trust properties, the local town, the Butterfly Farm and the Chilli Farm etc!

We don't just occupy our students, we educate them and this is education in its purest form. Most of our students won't enter the world of work or experience many of the other 'rites of passage' that the rest of us take for granted. But through learning, they can experience the world and develop the ability to make choices and communicate – this is so important to children and adults with the most profound challenges.

I am very proud to say that the

school has grown substantially over the last 6 months. We now have a thriving nursery provision where we work in partnership with other providers. We have also widened the range of disabilities we cater for. As well as our core PMLD (Profound Multiple Learning Disability) we now offer places to children with autism or lower levels of learning disability. This more 'inclusive' approach has allowed the school to develop a more 'vibrant' feel.

Getting to know the students and staff in the school has been the highlight of my time here. The students are remarkable. On one level they are very fragile but at the same time they are remarkably resilient. Even though their lives are so challenging, they still display optimism and a love of life. They work hard and they never give up.



It has also been a real privilege to learn about the truly holistic nature of Dame Hannah's. Since September my learning curve has been steep! My background is in main-stream education and, although many aspects of running the school are common across the sectors, I have really enjoyed learning about the unique characteristics of this service. Watching therapy delivery, working with the clinical team, getting involved in fundraising – it really has been a privilege to work in so many different contexts.

So what about the future? With a new focus on our Ivybridge provision and growth within the school, the future is very bright for Dame Hannah's. For over 250 years, this remarkable trust has provided support for vulnerable children

and adults and I am confident that we will go from strength to strength as we move forward.

As a teacher for 25 years, I have always been passionate about the value of education. Since I joined Dame Hannah's that passion has only deepened.

~ Jason Ryder





Zac with Physio Assistant, Beth

MEET

Zach

From our children's home and school

Zach has been a happy and enthusiastic student at Dame Hannahs for 10 years. He joined our school aged 9 in 2010 and is now in his third year of his Post 16 education in Croyde Class. He lives full-time in Hannah Avenue and is regularly visited by his Nana.

In school Zach is a very hard worker and is about to complete his ASDAN diploma in Personal Progress. Over the last three years he has completed a variety of modules and accrued enough credits to receive his diploma. He has particularly enjoyed the following modules: Getting on with other people, Engaging with the world around him, All about me, Cooking, Art and ICT skills. Being partially blind, Zach also particularly enjoys light work and visual therapy.

Zach is a very sociable and warm personality with a lovely natural smile. He loves going round school and sharing news with all his friends and staff. He is a very popular member of the Dame Hannahs family!

“ I am grandmother and carer to Zach who has attended Dame Hannah's since February 2009. I believe it was the best decision I have ever made to place Zach in the Dame Hannah provision where he has continually thrived in both the educational and care settings of this fantastic school/care home. The mission of Dame Hannah's is “the child first” and I thoroughly can vouch for this statement. I have seen Zach over the last 10 years grow into a confident, gregarious and happy young man in this lovely caring, supportive environment. He has benefited from the multi-disciplinary team that gives a holistic, integral and sensory model approach in the learning environment which is delivered through individual learning plans. The staff at Dame Hannah's appear very happy in their work and are extremely approachable, helpful and dedicated to the young people in their care. I feel that Zach has been, and continues to be, privileged to receive his education and care at Dame Hannah's, and I have peace of mind knowing that he is enrolled in the best possible placement”.

~ Zach Ogden's Grandmother Lesley

SUPPORT US
How you could
make a difference

£10

Sensory Toys

Provide sensory toys for the children at our school to help stimulate their senses and help them learn.

£25

Art Sessions

Enable a young person to express their creativity and discover their potential through supported art sessions.

£50

Speech and Language Sessions

Help a young person to communicate, giving them choice and independence in a way that suits them.

£75

Therapy Sessions

Help a young person to build up their strength and mobility through vital therapies such as Hydrotherapy and Physio.

£100

Accessible Activities

Give a young person the chance to experience something new with their friends, helping their development through accessible group activities.

£250

Memorable Experiences

Help to make a young person's dream come true with a memorable experience of their choice.

For more information on how you can get involved and make a difference visit discoverhannahs.org/supportus

RAISING FUNDS FOR DAME HANNAHS

COUNTRY CAPER

at Kitley House Hotel, Yealmpton

Sunday 29th September 2019

- A 4 mile walk in beautiful countryside
- Starting and finishing at Kitley House Hotel
- **INCLUDES** hot drink and food on your return
- Opportunity to walk around a private estate
- £15 Adults, £10 Children | Family (2+2) £35
- Registration at 10am

SIGN UP NOW AT

discoverhannahs.org/country-caper

EARLY BIRD OFFER

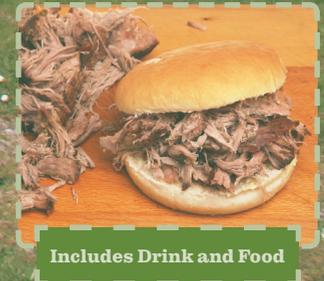
£10 adults, £7 child
(until 31/7/19)



Dog Friendly



Country Walk



Includes Drink and Food



MEET

Di Rowlands

Our kitchen supervisor

Di Rowlands has been working at Dame Hannahs for 17 years. She started as kitchen assistant before being promoted to Kitchen Supervisor. Di heads up a busy, happy and dedicated team of catering staff who have all been at Dame Hannahs for a long time. They cook for the children in the school and Hannah Avenue seven days a week as well as cooking lunch for the adults from Monday to Friday.

The job is very varied which Di loves. One minute she will be chopping vegetables or stirring a stew and the next minute she will be making a pudding or serving up meals. For Di and her team every meal is very different and individualised. Each child has a personalised meal plan with specific dietary requirements and needs ranging from normal and vegetarian to whizzed, pureed and dried food as well as liquid for those who are tube fed. And

for every meal there are always two choices on the menu.

Healthy eating and good nutrition are at the heart of the menu each week. Di ensures that every child has a healthy and balanced diet in whatever form they take it. She ensures that there are always plenty of vegetables on offer at lunchtime as well as fruit throughout the day.

“ I love my job as it is very varied and I am lucky to be working with a lovely team. There are so many different jobs to do in our busy kitchen and we all have to muck in and do whatever needs doing. When I get the chance I love baking cakes but I also know that there is a lot of food preparation as well as paperwork to do. I have got to know a lot of the young people over the years which has been very special”. ~ Di Rowlands

Di and her team are renowned for their legendary cakes! Baking and decorating cakes is the favourite part of her job. She has baked many birthday cakes for the children as well as cakes for fundraising events and special days such as Easter, Mother's Day and Red Nose Day. Her mince pies are also very popular at the Christmas Dinner and Sensory Fayre.

RECIPE

Di's Frittata



INGREDIENTS

- 75g courgettes diced in 1cm cubes
- 100g mixed peppers chopped
- 50g spring onions chopped
- 50g onions finely chopped
- 75g leeks finely sliced
- 100g baby leaf spinach
- 2 cloves garlic finely chopped or pureed
- 30g butter
- 4 medium free range eggs
- 100ml single (or double) cream
- 75g grated cheddar cheese
- Salt and pepper to taste

METHOD

1. Preheat your oven to 200°C (gas mark 6)
2. Prepare and chop all vegetables
3. Add your butter to a frying pan, leaving enough to grease your tin
4. Soften the onions and garlic in the butter, before adding the rest of your chopped vegetables
5. Add your eggs and cream to a bowl and beat thoroughly
6. Line your tin using the leftover butter
7. Combine the vegetable mix to the eggs and pour entire mix into your tin
8. Add your grated cheese on top of the mixture and bake for 30-35 minutes or until mix is cooked through

WHERE ARE ALL THE HERBS?

Di doesn't use any salt and pepper or herbs when serving the frittata in our school, however you can add these to your liking!

BEST SERVED WITH...

When made in school, Di serves this dish with two different vegetables on the side as well as potatoes.



THANK YOU

Marian Vanstone

A Dame Hannahs supporter for 60 years!

Marian with her husband, Wal

We would all like to say a huge and special thank you to Marian Vanstone who has been volunteering for Dame Hannahs for 60 years and raised over £200,000!

Supported by her husband Wal and sons Graham and Trevor, Marian has become a much loved, dedicated and hard-working member of the Dame Hannahs family.

Now aged 87, Marian started fundraising for Dame Hannahs in 1959 when her eldest son Graham was born. Marian was inspired by a friend to undertake some charitable work together and it was through a mutual acquaintance that she got the idea to raise money for Dame

Hannahs. She had been told that Dame Hannahs was moving premises and needed new equipment for their school. Marian recalls raising money

for many items including a mechanical horse for the physio team and the sensory garden. Her motivation for fundraising for Dame Hannahs has always been the fact that she doesn't have disabled children but, being a mother herself, can empathise with parents of disabled children.

Over the years Marian has developed close relationships with parents of the young people at Dame Hannahs.

Her first fundraiser was a whist drive in her local village, Newton Poppleford. Through the support and generosity of her local community

the event raised £60 and she went on to organise more whist drives and then coffee mornings. She even managed to get the presenters of TV show Gus Honeybun and Gus himself to attend. She also organised many dances where young students

£200,000 over 60 years!



Marian collecting her MBE in 2000

“ My family and I have loved being part of the Dame Hannahs family and being able to raise money for such a wonderful charity while being able to enjoy our hobbies at the same time”
~ Marian Vanstone



The Vanstone family selling their chutneys and jams

from Dame Hannahs would attend.

Marian is renowned for her knitted woollens, having started knitting 50 years ago with her friend Anne and many other knitters. Marian would also make jam, which her son Trevor discovered he had a passion for 10 years ago, and followed in

Marian's footsteps, making jam to sell in aid of Dame Hannahs. Trevor is very keen on gardening and growing fruit trees and plants, which he uses to make his own jam. Keeping it in the family, he is helped by his daughter Tilly.

The family sell their knits and jams at Sidbury Fair every September as well as other



Marian with our Head of Fundraising, Dan Burke



Marian at Sidbury Fair selling her knitted woollens

events including the Dame Hannahs Christmas Fairs. For many years Marian and Wal also grew plants in their nursery which they sold in aid of Dame Hannahs. In 2000 Marian was recognised for her services to charity with a very well deserved MBE.

Thank you Marian



THANK YOU

Hannahs Heroes

We would like to take this opportunity to shout about the amazing things that our supporters have done for us recently – and to say a great big THANK YOU!

SALTRAM ROTARY CLUB

We were delighted to have been chosen once again as one of the beneficiary charities alongside Shekinah Mission and Jeremiah's Journey for the 2018 Santa Fun Run organised by Saltram Rotary Club. A fantastic amount was raised, with each charity receiving a donation of £2,250!



SKYDIVING SALLY

Sally Webber took the plunge and jumped 15,000 feet out of a plane to celebrate her birthday by raising money for Dame Hannahs! Thank you Sally!

BIG NOISE CHORUS

The Big Noise Chorus kicked off our Sing to Raise campaign in style with their Spring into Song concert held in Torquay. The evening was absolutely brilliant – with support from Babbacombe Ukelele group which was enjoyed by all. Thank you so much!



DAME HANNAHS IVYBRIDGE SUPPORTERS

Our wonderful volunteers from the Ivybridge Supporter Group have raised a whopping £10,800 over the past year! Recently they organised a fantastic Antiques event at Kitley House Hotel supported by Bonhams. They raised a fantastic £681 and a brilliant day was had by all. Thanks to all who contributed to such a fantastic day!



CHRIS KALLIS SOLICITORS

A fantastic evening was had by all who attended the Greek Night put on by Chris Kallis in aid of Dame Hannahs and St Luke's Hospice. We received an amazing £4,000 donation from the event last October. Thank you so much!

BROMHEAD ACCOUNTANTS

Bromhead chose Dame Hannahs as their nominated charity of the year and raised an incredible £1,805.55! A huge thank you to George White who took to the sky and did a Wing Walk as part of the fundraising.



GWR

Once again we are very grateful to GWR who have donated £3,436 raised over the past year from their Lost Money Found scheme. Thank you for your ongoing support!



APPLIED AUTOMATION

Staff at Applied Automation in Plymouth have been busy fundraising for us as their charity of the year in 2018 and recently presented a very generous cheque for £702 to the charity. During the year they organised a raffle, took part in a skydive challenge, bought Dame Hannahs raffle tickets and helped with bucket collections at the Devon County Show.



EE

Thank you to the team of wonderful volunteers from the EE Call Centre in Plympton who have transformed the outside space around residential bungalows for our young adults.



HSBC BANK

HSBC donated £1,000 through their match funding scheme for funds raised by their staff at Devon County show in May last year.



SANTANDER

Santander donated £2,500 through their match funding scheme for funds raised by their staff at Devon County show in May last year.



A DAY IN THE LIFE OF

Lucinda

One of our valued support workers

Lucinda started working as an Adult Support Worker in Hannahwood Mews, one of the Adult Services bungalows, in May 2018. Before joining Dame Hannahs Lucinda's career had been focused on the Arts but from childhood she had always been interested in nursing and care.

Having worked creatively for many years for a range of private and commercial clients, Lucinda moved from London to Devon when her son started secondary school to give him a complete contrast to urban living. Her work in Devon has been very varied ranging from Devon Adult and Community Learning, Dartington College of Arts and King Edward VI Community College to private customers seeking design projects and arts consultancy.

Lucinda's new job has given her the chance to retrain in a field in which she has always been interested and hopes in the future to combine care with the arts in the form of art therapy.

Following her initial induction and probation period she has recently enrolled on a level 3 course in Health and Social Care.

Lucinda's day in Hannahwood Mews is busy and varied and no two days are the same. Each young adult has their own care plan and every time Lucinda comes to work she will spend time with more than one adult across a long shift. She regularly spends time with Daisy. On arrival she gets Daisy up and gives her meds, does her personal care and gives her chest physio. They then go to college in Hannahwood where they particularly enjoy doing art and craft together.

At the end of the morning they return to the Mews for further meds followed by bed rest. Daisy really loves story books but also understands Makaton well so Lucinda is hoping to develop a good knowledge of Makaton signing.

Among the other young people whom Lucinda supports

are Helen and Paul. When the weather is fine they enjoy being outside whether it is going for walks in the park or spending time in the garden. In the summer and when time allows, Lucinda plans to spend time gardening with the young adults. The regular Tuesday social night is always a highlight of the week as they all enjoy spending time together and joining in all the fun activities.

“ Before starting at Dame Hannahs I was worried about the young people's quality of life. But as you get to know them you learn what they are able to understand. It is wonderful to see them laugh and to watch them really engage and make progress. I am really enjoying my second career. It is hard work but very fulfilling and rewarding”



WE ARE HIRING!

LOOKING FOR A NEW CHALLENGE?

Join our outstanding local charity as a valued Support Worker today.

Full Induction Training

Full and Part Time Roles

Day and Night Shifts Available

Full Training Provided**
CQC Care Certificate
Health & Social Care Level 3 NVQ or
Residential Child Care Level 3 NVQ

Really make a difference!

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**OR for more information contact
tracy.wood@discoverhannahs.org**

Visit www.discoverhannahs.org/jobs

** Dependent on role



SUPPORT US

We need your donations

Across our charity shops, Dame Hannahs always aims to get the best value from every item that you generously donate.

We welcome donations of all sorts, from dresses and shirts, handbags and jewellery, children's games and toys, all the way through to larger electrical items and furniture! You can drop off your items to any Dame Hannahs Charity Shop.

All our Charity Shops are open Monday-Saturday with our main Transit Way branch open 7 days a week. Pop in and visit us if you want to:

- donate large items
- check if a home collection can be arranged
- donate end-of-line, samples or surplus stock from your business
- find out more about our house clearance services

Our shops sell your donations to raise money to help children, young adults and adults living with disability in the South West. You could help fund therapy sessions, accessible trips and more.



giftaid it

GIFT AID IS EASIER THAN YOU THINK!

Donating items – if you want HMRC to send Dame Hannahs 25p from every pound raised from your donated items, there's a simple one-time Gift Aid form for you to complete at any of our shops. Every time you donate your items will be Gift Aided once they sell!

Gift Aid is worth over £20,000 per year to Dame Hannahs guests and their families – so sign up when you next donate!



Our Charity Shops

Help us by donating your used and pre-loved household items to our charity shops.

HOUSE CLEARANCE

We also do house clearance within the Plymouth area - please call the Transit Way shop on 01752 784733 for more information.



3 Leypark Drive
Estover
Plymouth, PL6 8UD
T: 01752 787753

104 Embankment Road
Plymouth, PL4 9HY
T: 01752 265394

21 Marlborough Street
Devonport
Plymouth, PL1 4AE
T: 01752 500155

35-36 Fore Street
Ivybridge
PL21 9AE
T: 01752 698249

Transit Way
Plymouth, PL5 3TW
T: 01752 784733

6 Bank Street
Newton Abbot, TQ12 2JW
T: 01626 368271

34 Fore Street
Saltash
Cornwall, PL12 6JL
T: 01752 847526

11 Victoria Road
St Budeaux
Plymouth, PL5 1RW

SING



We are looking for **Choirs**,
Bands, **Singing Groups** or
Open Mic Nights to put
on events in aid of Dame
Hannahs as part of our Sing To
Raise campaign during 2019!

TO RAISE

For more information visit www.discoverhannahs.org/sing-to-raise

www.discoverhannahs.org

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dame hannah rogers charity

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