

CARERS BE MINDFUL

In the modern world it's hard to live in the moment. For carers this is particularly true as there is the daily planning of your sons' and daughters' support as well as the added admin responsibility of their affairs. We think that carers should get time to themselves each week. One Trust in partnership with Wandsworth Mencap is organising regular massage and yoga sessions for carers. To find out more contact Chris Albury on **0208 767 9911** or send an email to wandsworthmencap26@yahoo.co.uk

WEBSITE LAUNCH

February 2016 sees the launch of the One Trust website. Coordinated by our operations director Louise Hayes, Orange Grove Designs have helped us to publish a comprehensive show case of our services. The website provides a single resource where customers and care managers can visit to gather the information needed to aid care planning. Our website will also enable interested parties to catch up with the latest news from One Trust as well as useful tidbits. Our website is there for you, so if you have any recommendations that will improve your experience of our website then we would love to hear from you. You can visit the website at www.onetrust.co.uk and email your comments and recommendations to onetrust@onetrust.co.uk.

CARER FORUM

Did you know that One Trust holds a monthly carers forum on the second Thursday of every month. These meetings start at 11:00am and offer an opportunity for carers to share their views and ideas with members of the One Trust team. The meetings are attended by Wandsworth Mencap and provide an opportunity to share useful information and details about upcoming events. The forum also provides a welcoming environment to share experiences, and the views and opinions expressed have a direct influence on the governance of One Trust and on the outcomes of the services provided. You have the date and time of meetings, the venue of meetings will be posted each month on our website www.onetrust.co.uk. Alternatively call us on **020 3096 9130** and we will be able to let you know.

RESPITE ONE CAN TRUST

The team at One Trust recognise that for people that live at home with family, regular breaks are very important. For many years parents/ family carers have voiced an interest in evening and weekend services, an alternative to overnight repite. Similarly, many of our service users have expressed their frustration that there is not a great deal for them to do in the evenings and at weekends. Whilst overnight repite remains a vital resource for most families, many have said that they would like a mixture of overnight stays and evening and weekend support. In response, One Trust is now ready to provide an extended weekday service up until





9:00pm and a weekend service between the hours of 9:00am and 4:00pm. To find out more visit our website www.onetrust.co.uk, or give us a call on **020 3096 9130**.

ONE TRUST PARTNERING THRIVE AT WANDSWORTH COMMON

A group attending our Wandsworth base have recently completed a successful 8-week pilot project run in partnership with Thrive at Naturescope Wandsworth Common. The group supported by occupational therapy have been enjoying a broad range of horticultural and craft based activities. Thrive have plans to fundraise so that they can run a further day at the Wandsworth Common site. The building is fully accessible and only a short distance from our Wandsworth Base, which houses a fully accessible wet room changing facility. If you or somebody that you know would be interested in joining this project then please let us know by contacting us on **020 3096 9130**.

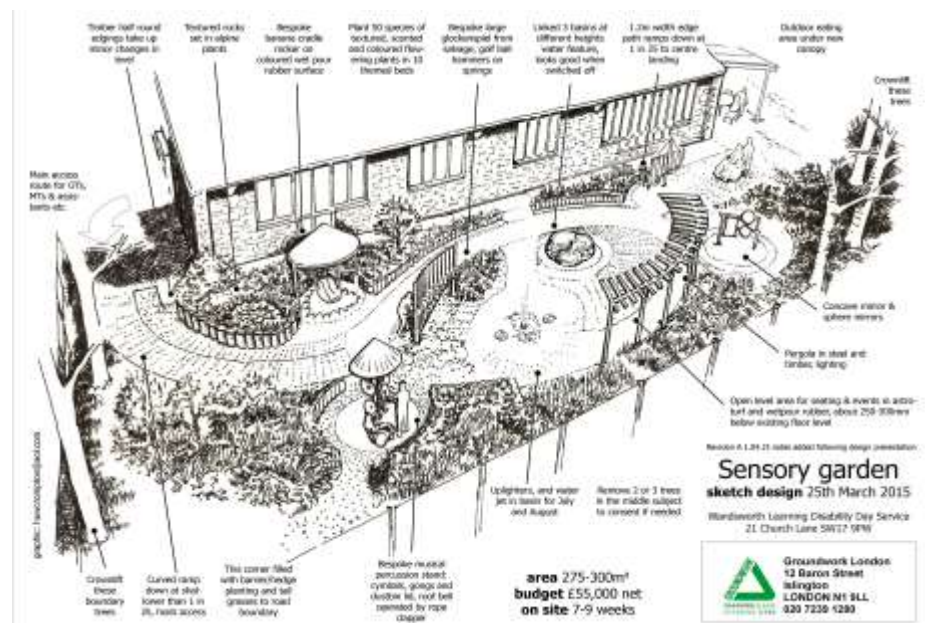
Naturescope Wandsworth Common

PLANS FOR LONDON'S PREMIER SENSORY GARDEN

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Planning and funding for a sensory garden at One Trust's Church Lane site is now at an advanced stage. This project has already secured £30,000 of funding from Wandsworth Borough Council to get the project underway. One Trust is now working with Groundwork, a charity which helps develop community spaces, and they have been commissioned to manage the project, including designing the space, fundraising, landscaping and managing the installation of the sensory equipment. Whilst this project has the funds to commence the heavy landscaping, further funds in the region of £30,000 are required for the planting and installation of sensory features.

Help One Trust raise funds
for special projects

JustGiving™

<https://www.justgiving.com/one-trust/donate/>



Oculus Rift affordable virtual reality

Contact Us

020 3096 9130

onetrust@onetrust.co.uk

www.onetrust.co.uk

Groundwork have secured funding from Tesco via the Tesco Bags of Help Grant Scheme. We have been shortlisted from a very long list of applicants, and are competing against two other projects for one of three prizes: 1st (£12,000), 2nd (£10,000) or 3rd (£8000) prize. Our final position will be decided by public vote, which runs from 27th February to 6th March in Tesco stores. We will be notified of the outcome by the end of March. Please call on all the resources you can to try to get us first place and the highest award. First and foremost, please go into your local Tesco (or all the Tescos you can visit!) and vote for our project, and ask your friends and family to do likewise.

VIRTUAL REALITY A REAL POSSIBILITY

After years in the doldrums, virtual reality technology is making an exciting comeback. In the past virtual reality technology was considered too expensive to develop on a commercial level and remained in prototype form. Thankfully a young techy for California's Silicon Valley, Palmer Luckey, remained undeterred and has developed an affordable headset that is due for release later this year. The latest reports suggest that the Oculus Rift headset will start to become available from the 28th March 2016. Each headset will retail for around £500. So what might this mean for One Trust? We think that virtual reality could play an exciting role in terms of sensory interaction and storytelling. Virtually reality has the ability to transport people to places beyond their wildest dreams. For someone with profound mobility restrictions, this could mean to experience what it feels like to surf the waves of the coast of Hawaii. The possibilities are endless. Later this year, One Trust plans to do a thorough appraisal of the costs and benefits of this technology with a view to fundraise so that Virtual Reality experiences can be added to the One Trust service offering. To find out more visit <https://www.oculus.com/en-us/>.

CAREERS WITH ONE TRUST

One Trust is currently looking to recruit exceptional people. If you know anyone that would be interested in joining our team, or are interested yourself, please get in touch. You can call us directly on **020 3096 9130**, contact us via email at onetrust@onetrust.co.uk or complete our quick contact form which can be found on our careers page on our website www.onetrust.co.uk. We are particularly interested in individuals that hold a D1 driving licence.