



Music Therapy in Full Swing

Did you know that One Trust boasts one of the premier music therapy resources in south west London? Our music therapy team of Sjaak Vanderbent and Maria Radoje have established a resource that is enjoyed by more than 25 individuals each week. One Trust music therapy is a recognised arts psychotherapy and regulated by the Health and Care Professions Council. Our music therapy creates an opportunity for participants to sustain meaningful contact with others in a safe environment that encourages them to try out new ways of relating to people. The sessions offer intimacy without relying on verbal communication and a context that allows participants to become more aware of the response of others. The Music therapy environment recognises personal choices, which builds confidence and self-esteem. Music therapy offers people the opportunity to express and share feelings in an enjoyable way that harnesses personal creativity. Because of increasing demand for this resource, One Trust is looking to develop additional capacity both during the day and in the evenings. If you or someone you know would like to find out more about music therapy at One Trust, then please contact one of our music therapy team at sjaak.vanderbent@onetrust.co.uk or maria.radoje@onetrust.co.uk.

One Trust Summer Party

One Trust will be holding its annual summer party on Friday 1st July 2016, from 12:00pm until 19:00pm. There will be food, live music and lots of fun things to do. Come and have a look around our Hub at Church Lane and see some of the interesting projects we run. This will provide a great opportunity to meet the team and mingle with our many partners and friends. Our Church Lane address is 21 Church Lane, Tooting, SW17 9PW. To find out more give us a call on **02030969130**, or email us at onetrust@onetrust.co.uk.

Pilotlight

One Trust is pleased to announce that it has been accepted by Pilotlight as a partner charity. Pilotlight is a nationally recognised organisation that offers free strategic planning support to charities and social enterprises. Pilotlight match CEOs and directors of charities with senior business figures for year-long engagement to plan for sustainability, development and growth. One Trust officially started working with Pilotlight on the 3rd May 2016 and will meet monthly for what will be high quality, challenging mentoring. One Trust hopes to use this opportunity to explore a range of strategic opportunities as well as adding definition to the One Trust mission, vision and values. We consider ourselves very fortunate to have been accepted onto the Pilotlight program. Pilotlight and the business leads have expressed that they have been impressed so far by what they have seen of One Trust and would really like to support us and be involved in the many opportunities they feel lie ahead.



Fundraising Fun Run

On Sunday 3rd April a team of 5 runners including our operations director Louise Hayes, took to the streets of Reading to compete in the annual half-marathon in order to promote One Trust and raise funds for the sensory garden project. Congratulations and thanks to all who finished the 13.1 mile course in one piece and in good time! So far the team have raised over £700 for sensory garden equipment and are still collecting a few cash promises! Many thanks to everyone who donated and helped us to promote the event. There is still time to donate to the sensory garden project online, this can be done by visiting www.justgiving.com/one-trust/donate or text SENG21 £5 to 70070 to donate £5. If our runners have inspired you to fundraise for One Trust please contact our director of operations Louise Hayes at louise.hayes@onetrust.co.uk. We can assist you with a fundraising page on Just Giving, promote your event through our website and social media, and supply you with promotional materials to support you on the day of your event.

Help One Trust
raise funds for
special projects

JustGiving™

www.justgiving.com/one-trust/donate

Sensory Garden Update

Planning and fundraising for a sensory garden at One Trust's Church Lane site is now at an advanced stage. The garden at Church Lane is an important resource which is enjoyed by many and the good thing is, the already impressive outside areas is about to become even better with the installation of a sensory garden to the west side of the building. The proposed sensory garden will deliver many benefits to those using our service – not only to the people attending Church Lane, but for everyone connected with One Trust. The aim has been to create an outside space that is aesthetically pleasing and stimulating. In addition to an initial £30,000 pledge from Wandsworth Council, One Trust in partnership with Groundwork London have been able to raise a further £40,188. One Trust would like to thank everyone who donated towards Louise Hayes' run or made a Just Giving donation, this raised £756. One trust would also like to thank Tesco's 'Bags of Help' scheme for their £10,000 pledge, Greggs for their £10,000 donation and the Post Code Lottery for their commitment of £19,430. One Trust would also like to give a special mention to Groundwork London who have not only designed the sensory garden, but were instrumental in raising the funds and will be project managing the construction of the garden to completion. Initial plans for our sensory garden are already on our website and over the next 6 to 12 months keep an eye on how the garden is progressing at www.onetrust.co.uk.



Current Sensory Garden Site





Interactive Story Telling

Recently several members of the One Trust team underwent training in sensory story telling. Elizabeth, Gloria, Cindy and Kenny (pictured) make stories come to life with the use of objects and props chosen for their sensory qualities and appeal. Research suggests that exposing people with profound and multiple learning disabilities to a range of sensory stimuli in conjunction with contextual stories can promote positive interaction. It also supports effective communication and most importantly provides pleasure. Through using **BAG BOOKS** resources along with additional props our team are able to support exploration through touch, smell, hearing, sight and taste. Our team of experienced story tellers run small groups as well as individual sessions. All stories are personalised or adapted to appeal to a specific group of individuals so there are no limitations, in fact there is a story to suit everyone. To find out more about sensory story telling or **BAG BOOKS** contact Julia Rocks at Julia.rocks@onetrust.co.uk and/ or visit **BAG BOOKS** at, www.bagbooks.org.

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New Wheels at Last!

One Trust is really pleased to report that Michael Jenkinson has a brand new electric wheelchair. Michael has asked that we put something in our newsletter to show how important his electric wheelchair is to him in terms of his daily living. Michael has cerebral palsy, which means that it is not possible for him to move about unaided; an electric wheelchair is the key to Michael's independence. For the last few years Michael had become frustrated by his previous chair, which had become uncomfortable, under-powered and temperamental. The team alongside Michael and his family made several requests for a replacement and eventually this determination paid off. Michael feels strongly that the freedom an electric wheelchair gives someone with mobility difficulties should be considered a basic right. If you know someone who would benefit from an electric wheelchair, or who is struggling with an unsatisfactory chair then let us know as Michael and One Trust want to help. We will support you to find out who the decision makers are so that you can take your case up with the people that can make things happen.



Contact Us

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Virtually There

Following on from our report in February, 'Virtual Reality, A Real Possibility', Oculus Rift has now hit the market and One Trust is keen to explore this new technology. Oculus Rift orders are set to hit UK shores sometime in August 2016 and One Trust would like to be at the front of the queue. We have extensively appraised this new technology to see whether this would complement our service offering. One concern connected with virtual reality has been motion sickness. Our research suggests that the solution lies in deploying a powerful enough computer to maximise frame rate. Essentially this prevents any time lag between actual movement and what is seen virtually. One Trust is now looking to raise £6000 so that we can purchase 2 Dell XPS 8900 PCs and 2 Oculus Rift headset packages along with appropriate software. The vision is that in the not too distant future virtual reality can be partnered with sensory story telling so that people can experience a truly out of this world experience. To find out more about adapted technologies, software and gaming visit www.specialeffect.org.uk. Also, please visit or direct interested parties towards our Just Giving page www.justgiving.com/onetrust/donate to help us on our way to a virtual new world.

Odd job/ handy person ONE can TRUST

Are you handy and looking for flexible work that can fit around your other responsibilities? If so, One Trust is currently looking for an odd job person to undertake work at our various sites. This role may suit someone who lives locally and/or is retired. The role will involve tasks such as painting, undertaking minor repairs and building flat packs. If you or someone you know would be interested in this sort of role then please contact us directly on **020 3096 9130**, 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.