

## New Staff Trustee

Many of you may know our staff trustee Sjaak Van der Bent from the London club circuit, where his brand of comedy and operatic singing voice are the stuff of legend. As far as One Trust is concerned, Sjaak is one of our resident music therapists, bringing his distinct style to the therapeutic work he does each week with many of the people that attend One Trust services. In Sjaak's new role as staff trustee he will be charged with the responsibility of weaving the views and opinions of the staff team into the governance and decision making of the One Trust board.

## Cycling with One Trust

One of the most popular activities undertaken by One Trust each week are the numerous trips to the Herne Hill Velodrome for cycling. In a recent survey into the opinions of our service users, cycling was either mentioned as one of the preferred activities each week, or something people would like to do more of. At the Velodrome, there are a range of different bikes for all abilities, where people with even the most profound physical difficulties can enjoy this often exhilarating pastime. If you know of anyone who would like to give cycling a go, then get in touch and we can help support people to attend. Similarly, if people wish to do so, they can access this resource directly. For more info visit <http://www.wheelsforwellbeing.org.uk/>. Happy cycling.....

## Sutton Inclusion Centre

So popular is the service provided by One Trust, that creating more capacity has become a priority over the past few months. We have also been inundated with requests for hydrotherapy, which is in incredibly short supply. Hydrotherapy is often one of the top requests from people with profound physical difficulties. To find a suitable resource for people with profound and multiple requirements is no easy task. Our resource at Church Lane was several years in the making. Thankfully we have been able to negotiate with Sutton, use of their purpose built state of the art resource and the plan is to run remote activities from the Sutton site, such as music therapy, hydrotherapy, physiotherapy, art and sensory communication. One Trust's use of the Inclusion Centre will be very much orientated towards the engagement of specific activities. We hope to commence running sessions from this resource by the autumn. If you would like to find out more information about the Inclusion Centre, visit Sutton's dedicated website page. [www.sutton.gov.uk/info/200334/health\\_and\\_wellbeing/1226/sutton\\_inclusion\\_centre](http://www.sutton.gov.uk/info/200334/health_and_wellbeing/1226/sutton_inclusion_centre)



Inclusion Centre



Parallel London Team 2016

Help One Trust  
raise funds for  
special projects

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## Parallel London

On Sunday 4th September 2016, Team One Trust (aka Anand, Cherry, Gary, Ian, Linda, Michael and Roger) took to the track at London's iconic Queen Elizabeth Olympic Park to compete in Parallel London – the world's first fully inclusive and accessible push/ run for everyone.

Exactly four years on from the London Paralympics, this was Parallel London's inaugural event. Disabled and non-disabled people of all ages and all abilities united to run, walk, wheel, push or be pushed for fun, to raise awareness, or to raise funds for their chosen charities. Supported by members of our staff team, Team One Trust took part in both the Sensory 1k and 100m dash races and have so far raised over £350 in sponsorship. Afterwards, some well-deserved ice-creams and entertainment (and plenty of freebies!) were enjoyed by all at the event's family festival. The day was a resounding success – to find out more about the event, races and festival plans for 2017 visit [www.parallellondon.com](http://www.parallellondon.com).

If you would like to support our racers to fundraise for One Trust you can donate in 3 ways;

1. Online through Just Giving by clicking here; <https://campaign.justgiving.com/charity/one-trust/parallellondon1k>. Donating through Just Giving is simple, fast and totally secure and enables us to claim Gift Aid on your donation if you are a UK tax payer.
2. Text RUNK01 £5 to 70070 to donate £5 to Team One Trust.
3. Talk to one of our staff members or contact Louise Hayes at [louise.hayes@onetrust.co.uk](mailto:louise.hayes@onetrust.co.uk) (or on 020 3096 9133) if you would like to donate sponsorship in cash or by other means, or if you are interested in fundraising or setting up your own event.

## Terry Peskett's Retirement

After 48 years of service, Terry Peskett's retirement from the service proved to be an emotional event for everyone at One Trust. When Terry started with what was then the Mental Health Department's Training and Education Centre, Harold Wilson was leading the country and Otis Reading's The Dock of the Bay was top of the Hit Parade.



48 years of service!

## Contact Us

020 3096 9130

[onetrust@onetrust.co.uk](mailto:onetrust@onetrust.co.uk)

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Terry was a pioneer, becoming the first male to work at a Training and Education Centre. He was instrumental in seeing in a new approach to adults with learning disabilities, campaigning alongside parents to ensure access to formal education for their sons and daughters, which had previously been denied. Terry was also there to welcome in the newly formed Social Services. Terry has arguably been one of the most committed individuals to grace social care and education for people with learning disability. His respect for others and integrity in terms of the execution of his duties have been exemplary. He leaves a big hole at One Trust, which will be impossible to fill as he takes 48 years of history with him. People of Terry's ilk never retire however, so we may not have to miss him for too long as I am sure he will support One Trust in some capacity long into the future.

## Dogs as Therapy

The systematic use of therapy dogs is attributed to Elaine Smith, who worked as a registered nurse. Smith noticed how well patients responded to visits by a chaplain and his Golden Retriever. In 1976, Smith started a program for training dogs to visit institutions, and the demand for therapy dogs continued to grow. In recent years, therapy dogs have been enlisted to help people with speech and emotional disorders as well as Autism. Stroking dogs has a calming effect and is known to lower blood pressure, not to mention the companionship and joy their company brings. One Trust has been keen for some time to explore the benefits of pet therapy. We have drafted in the services of Millie a lovely Cocker Spaniel, courtesy of Diane Moore one of our trustees and her friend Helen. Alfie a rather portly Pug has also been doing the rounds. Initial visits have proved a great success with people attending the services responding very positively to their presence. A good therapy dog needs to be calm and gentle as well as well behaved. Millie certainly ticks all those requirements. Alfie is almost there but needs to try and curb his greedy pursuit of anything edible, this is something that I believe he is currently working on. It is hoped that regular visits by Alfie and Millie will become a staple part of life at One Trust. To find out more about pets as therapy, visit <http://petsastherapy.org/>.



A well-earned day off for Alfie.

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