

PHEW (SCOTLAND) NEWSLETTER

JANUARY 2024

PHEW (Scotland)

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H A P P Y

N E W Y E A R



Here at PHEW we also enjoyed a delicious Christmas lunch with our guests and staff team, when we also took time to celebrate and mark '20 years of service' for our staff member Joe Smith.

On the 29th of December our Care staff supported our guests along to the Panto. Our guests really enjoyed this outing, there was plenty of fun and laughter.

PHEW staff received a winter 'wellbeing' pack from the PHEW Management team, with various goodies to keep them well and cosy over the winter season.

THANK YOU

As we start a new year, we just want to take a moment to say a big 'THANK YOU' to everyone who helped make 2023 a great year at PHEW. We are so grateful for each and every one of you, (from the families who use our service, staff team, board members and our partner agencies) for all your support of us at PHEW. We could not do what we do without you.

We ended 2023 at PHEW with lots of great festive fun together. As well as the Christmas Fayre, the festive craft activities and trips out for food and drinks, the guests also enjoyed a special trip to the Christmas Tea Dance at St Margaret's Village Hall in Airdrie, where much fun was had dancing and meeting Santa.

CONGRATULATIONS!

To everyone who was successful in this year's raffle at the Christmas Fayre, especially to Shannon, one of our guests, who won 4 tickets to the Panto!!



VOLUNTEER



We are actively looking for volunteers at PHEW. If you know anyone who has some spare time and who may be interested in volunteering, please contact Jenny on 01698 404051 or email: admin@pnewrespite.org.uk for further information.

We are particularly keen to recruit 'volunteer drivers' or volunteers interested in arts and crafts activities.

Over the last year, we have enjoyed taking the time to 'listen' to our community here at PHEW and have been gathering *lots* of feedback from our guests and Carers through our various 'focus groups' and our feedback forms.

HYDRO POOL

From this we discovered that our guests miss the hydro pool, which we were required to close during the pandemic. At our latest AGM in November, we advised that we are currently looking to raise funds to reopen the hydro pool. Carers at the AGM were supportive of pursuing funding and made suggestions ie crowdfunding to fund the reopening of the pool. We explained that the cost of reopening the hydro pool is significant; we need to refurbish the pool/changing room areas; there is a need to include training costs for team members so that we can manage the daily operational use of the pool to the required standards.

MUSIC SESSIONS

Feedback from guests is that they really enjoy our weekly midweek sessions with Sam the Music Therapist. Carers at the AGM asked if the Music therapist could also come in at weekends. We are currently making enquiries to have music sessions provided at weekends in addition to midweek.

Exciting News

As we enter a new year we are thrilled to announce that a funding application made to McDonald's to support us in refurbishing and reopening the hydro pool was successful!!

McDonald's have very kindly awarded a grant of £10,000 towards this purpose. We would especially like to thank one of our carers, Natalie, for thinking of us by identifying PHEW to McDonald's for this funding opportunity. This is very much appreciated by us all at PHEW. We are so excited to think that we will have our hydro pool back up and running again later this year!

