

It's good to work



Working on her own is tenant Rebecca Prince's aim, and she's well on the way to achieving her goal.

Rebecca, who lives in Leyland, Lancashire has been working for Progress Housing Group for 3 months. Her job, based in the post room, involves sorting the letters and packages received by head office and distributing them to staff in all the departments. It's an important and responsible job and Rebecca enjoys it.

She told us: "I like meeting new people when I take the post around and it's given me more confidence knowing where the departments are and the people who work in them."

Rebecca explained that 'jobSPEC', an organisation that supports people into employment, helped her apply for the job and are continuing to support her at work. She said: "I already travel to and from work independently and eventually I would like to work on my own without support."

Rebecca's enjoying the extra independence and money that her job brings. She said: "I use my money to go shopping and I also save some for holidays and going to see musicals. It's good working at Progress Housing!"



Rebecca Prince in the post room

"I like meeting new people when I take the post around"

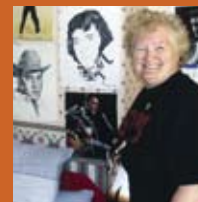
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Holiday time!

We're amazed at the variety of places and countries our tenants visit on their holidays. Here are just a few of the holiday destinations, photos and memories that we have received.

**Charles Lavin,
Accrington, Lancashire**

Ireland



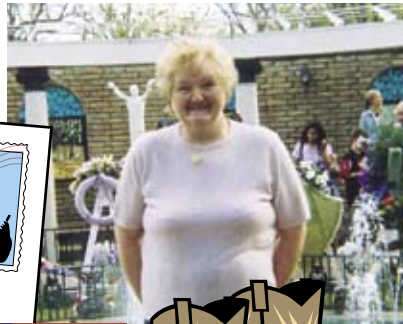
"The people were very friendly and made me feel welcome!"

Charles



**Sandra Bentham,
Preston, Lancs**

America



"We stayed at Heartbreak Hotel which is next to Graceland. I enjoyed visiting the house but the most important thing to me was seeing Elvis's grave!"

Sandra



**Pauline Amos,
Woodhall Spa,
Lincolnshire**

Minorca, Spain



"This was my first holiday abroad and my first time in an aeroplane. We had a lovely pool outside our apartment. I went on a pony and trap ride and on a boat trip!"

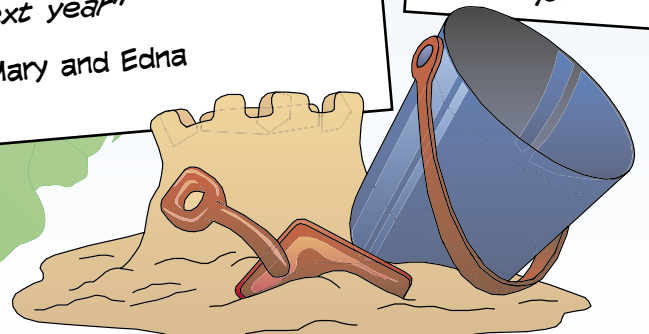
**Mary Lynott and Edna Tomkins,
Penwortham**

Vienna, Austria



"We both enjoyed our holiday and would love to go again next year!"

Mary and Edna





Access all areas

Here are some organizations that provide information and holidays for people with disabilities:

A website run by charity Holiday Care www.holidaycare.org.uk, gives information about transport, accommodation, attractions and activity holidays in the UK and abroad for disabled people.

www.calvert-trust.org.uk has more than 25 years experience of providing activity holidays for disabled people. The trust has centres in Keswick, Kielder and Exmoor where you can try your hand at abseiling, canoeing, carriage driving, climbing, paragliding, mountaineering and much more. The centres also run less demanding, more accessible activities, such as nature trails.

www.everybody.co.uk has comprehensive information on mainstream UK accommodation which

is more or less accessible to disabled travellers.

Grooms Holidays is part of the John Grooms charity www.johngrooms.org.uk and provides holidays all over the UK.

Access Travel www.access-travel.co.uk offers trips to various parts of Europe, Florida and the Canaries. They provide good detailed information on their destinations some of which have disability equipment either in place (including poolside hoists) or available for hire.

www.accessibletravel.co.uk also offers holidays to destinations all over the world and provides information about equipment and accessibility for each property or hotel

Please note: Progress Care Housing is not responsible for the content of these websites nor are we endorsing the services offered by these companies.

Billy Lock and Patrick Blackmore, Liverpool

Menorca, Spain



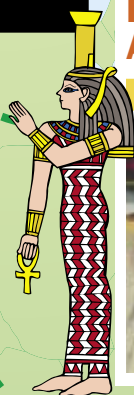
"This is me (Billy) at the top of Mount Toro. This was the highest point on the island and the views were spectacular in every direction we looked!"



Billy and Patrick

Alan Baron and Richard Nixon, Accrington, Lancashire

Egypt



"The best part of the holiday was going snorkling and watching the belly dancers!"

Alan and Richard



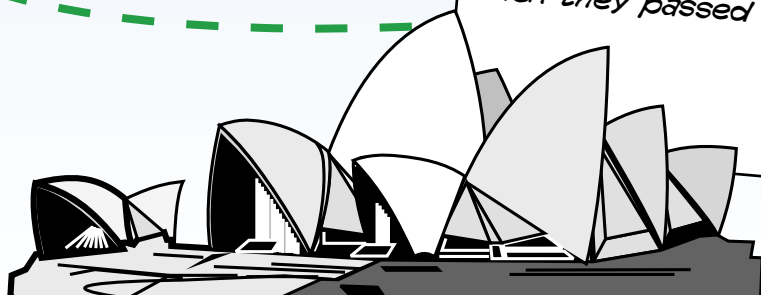
Peter Beattie, Melrose, Scottish Borders

Australia



"Everyone was really friendly and always said 'G'day' when they passed by!"

Peter



Pauline



Clare Cowell finds the window card helps her read more easily



Getting invo

Giving my views

Michael Nott of Wigan contacted us to say he would like to give us his views about the newsletter using sign language.

As a result one of our Housing Officers, Hilary Slack, went along to meet Michael. Hilary has a British Sign Language qualification.

Michael told Hilary: "The newsletter is good and I feel it is important to get your views and ideas in, and most important to be heard. In the newsletter you see what other people are doing and I like to know what is happening at other Progress houses. I particularly like the healthy eating recipe article, I'm going to try this for myself."



Michael Nott using sign language to give us his views

Easier to read

Clare Cowell of Darwen, Lancashire has dyslexia and asked us to share these tips with other readers.

Clare uses transparent coloured sheets that she holds over anything she reads. She said: "The problem I have is that the words jump around on the pages, especially on a white background. I sometimes use a lemon acetate sheet that helps to stop the words moving around.

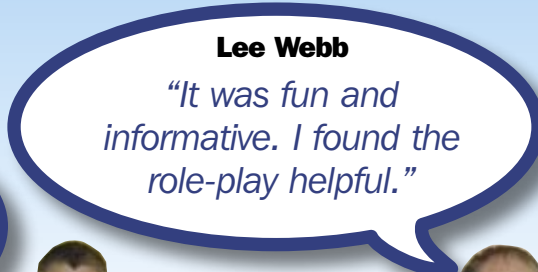
I also have a window card that is a piece of card with a square cut out. This helps me to read as it allows me to focus on a line at a time."

Training builds confidence

In March we held a confidence-building training session for some of our Blackpool tenants who brought their support workers along with them.

Tenants discussed the right way to behave at meetings, how to speak up and how to work together as a group. They also practised reporting repairs.

Almost everyone enjoyed the session. Tenants told us they liked meeting other people who understood them and sharing information about themselves.



Left to right: Carol Ann Hilton, Marion Langford, David Lord, Glynn Hughes, Lee Webb, Keith Dawson and support worker Pam Green



Lived

What you think of the newsletter

In every newsletter we include a questionnaire for you to tell us what you think and what stories you would like to see in future issues.

Your feedback continues to tell us that most of you find the newsletter very, or quite, interesting and easy to understand. By far your most favourite article in our spring newsletter was 'Pets Corner', so we are making this a regular feature. It was also clear that you are very much enjoying the competitions and jokes. Thank you for your comments and keep sending in your views and stories.

Here are some of the future story ideas people have suggested. If any of these are also your interest send us some details and a picture and we will try to include your story in our next newsletter (see back page for address).

Tenants suggested these subjects for the newsletter:

	Knitting
	Football
	Walking
	Golf
	Swimming

Reaching more people

Five tenants who lived together in one property have moved into three brand new bungalows, built especially for them.

The new homes, in Galashiels, Scotland, have been built on the same plot so the tenants can keep in touch with each other, but at the same time have more independence and privacy.

Annie Barr and Hilda Savage live together in one bungalow, Margaret Craig and Nicolette Galpin live in another, and Rita Duffy lives on her own in the third.

Progress Care Housing used an innovative 'pre-fabricated' building design to construct the bungalows that suited the site better than traditional building methods. The bungalows are also highly energy efficient and built to a particularly high specification.

Support worker Doreen Thompson, explained: "The tenants have had a big say with the furnishings of their properties. This has been important as

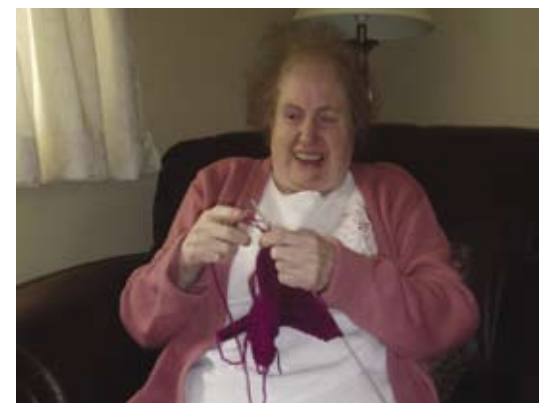
different people have different ideas and it enables them to have more independence in their own lives."



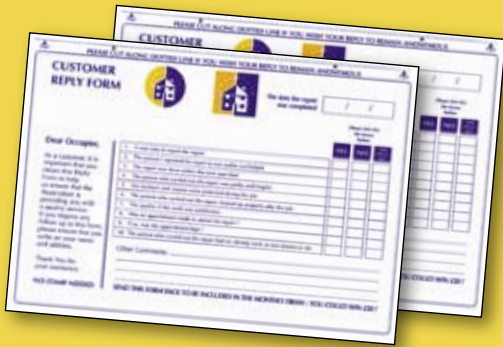
"We picked Bluebell Cottage as it seemed a nice name. It is the first time we have been able to name our own house." Annie Barr



"I like my house as I have helped to pick the furniture that goes in it. I chose the kitchen cabinets and the decoration in it." Hilda Savage



"My house is big and I have enough room to move around. I live on my own which I like but not too far from my friends at the other houses." Rita Duffy



Got to be in it to win it!

Every time we repair your home you receive a questionnaire to let us know what you think about our repairs service.

Don't forget to send it back to us, because all returned repair questionnaires are entered into a monthly prize draw. The following tenants are our latest lucky winners of £20 of shopping vouchers:

- March** - Jenny Stimson, Janet Strive, Christine Buggy, Alexandra Ramsey and Ruth Smith of Woodhall Spa, Lincolnshire
- April** - Natalie Fitzhugh of Northallerton, North Yorkshire
- May** - Christine Fuller of Bradwell, Great Yarmouth
- June** - Roy Tiplady of Oswaldtwistle, Lancashire

Newsletter prize draw

Stephen Mitchell of Bourne in Lincolnshire won our recent newsletter prize draw.

Stephen told us that he spent his £25 shopping vouchers on new Chelsea Football Club shirts, as he is a

keen supporter. He also won a box of chocolates for his support workers. He said: "I'm very happy with the vouchers as you can see on the picture!"

Don't forget to send in your newsletter questionnaire - you could be our next winner!



Stephen Mitchell (left) with support worker Thomas, showing his new Chelsea Football Club shirts

Your newsletter

Our newsletter advisory panel met up in Leeds in April to discuss their ideas and thoughts about the newsletter.



Tenants Marcus Bell, Sarah Goult and Amanda Thompson attended the latest meeting, along with their support workers.

They told us what were their favourite newsletter articles. Everyone agreed that the type size made it easy to read, that there were lots of colourful articles and that they were not too long.

Our thanks to tenants and their support staff for coming to the meeting.

If you would like to attend a future newsletter advisory panel meeting, or have any comments about the newsletter, please let us know (see back page for details).

Tenant Sarah Goult (right) at our newsletter advisory panel meeting, accompanied by her support worker Anne