

happy national volunteer week

newsletter – June 2023



THANK YOU

#VolunteersWeek

a special edition celebrating
Volunteers, Inclusion & Diversity



In this edition, we dedicate our focus to honouring our incredible volunteers! We will reflect on the activities and events that have occurred over the past 12 months while also providing a sneak peek into what lies ahead for the summer.

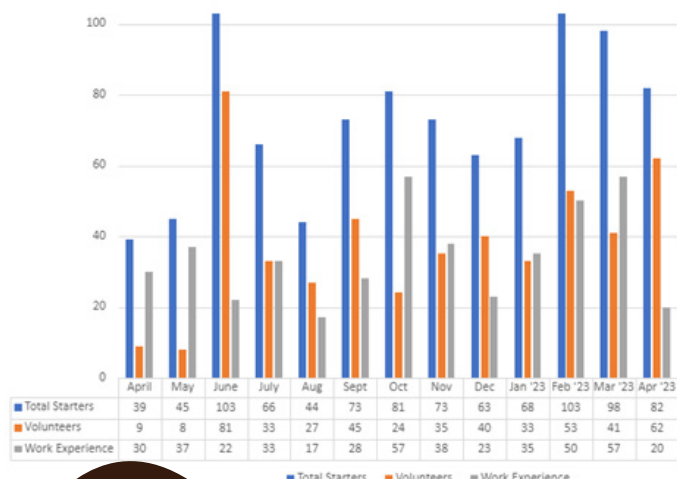
Featured stories include:

- Voluntary Placement Numbers
- The Big Help Out
- Supported Internships
- Cultural Diversity Day
- 100 Years of Wisdom



Sanctuary organized a special event to honour and embrace cultural diversity, where all staff members were invited to showcase their traditional attire. The occasion was further enhanced by the delightful presence of our colleagues who prepared and shared traditional dishes. To discover more about this enriching cultural event, **please continue reading...**

voluntary placement numbers



We are celebrating the one-year anniversary of restarting our volunteering programme, following a temporary pause due to the global pandemic. It has been a source of great happiness to see familiar faces as well as new ones during this period. From April 2022 to April 2023, we had the pleasure of welcoming a total of 938 new candidates. Among them, 491 individuals joined as volunteers, while 447 participated in work experience placements. Together, these placements have contributed approximately

56,280 hours of support to our residents and staff. We extend our sincere gratitude to all those who have contributed to this impressive number, as evidenced by the graph.

As we look ahead to the next year, we are well-positioned with an active pool of 364 candidates ready to step in and provide support to our exceptional care homes. We will continue to build on this progress with the goal of reaching 1,000 candidates.

If you happen to know anyone who wishes to get involved and help us achieve this milestone, please encourage them to get in touch.

the big help out – a summer of volunteering

The Big Help Out is a new national campaign celebrating volunteering in the Coronation Year. Backed by major UK charities, celebrities, and members of the Royal Households.

The campaign aims to shine a light on volunteering and the incredible role it plays in our national story, inspiring a new generation of volunteers. The campaign runs right throughout the summer.

Sanctuary Care are amongst the thousands of organisations across the country who are getting involved to give people a chance to give back to their local communities.

We have many opportunities on offer for individuals and groups. Get in touch today to find something perfect for you!

There's never been a better time to join in, lend a hand, and make a change!



supported internships

The government's goal is to get 1 million people with a disability back into employment by 2027. In the UK there are 1.4 million people with a learning disability.



Studies indicate that 60% of individuals with a learning disability express a desire to work, but the number of those who have effectively secured employment is merely 6%.

Sanctuary Care are passionate about changing people's views of the contribution that people with a learning disabilities and autism can make to the workplace. We are working with many companies such as Mencap, Shaw Trust and schools specialising in disabilities.

We have some lovely stories to share with you about our volunteer Zoe who was named in the Metro as a Wonder Woman in celebration of International Women's Day (Thursday 8 March 2023).

The Metro has celebrated 25 women whose energy, determination and strength enrich, change, and save lives!

You can read the coverage in full by [clicking here](#).

Zoe is number 23! Hope you enjoy the piece from the Metro.

Read more below about Zoe's volunteer experience as published by the BBC.

care home volunteer challenges down syndrome misconceptions

Residents and staff at Sanctuary Care's The Beeches Residential Care Home in Birmingham have thanked a dedicated volunteer who was born with Down Syndrome for her unwavering support over the last five years.

Twenty-eight-year-old Zoe James has volunteered at the care home which provides residential, dementia and respite care for elderly residents since 2018.



Ada Pearson, age 97 years, who lives in The Beeches Residential Care Home, said: "Zoe is just lovely; she always greets us with a big cuddle and helps out around the home. She even paints my nails for me!"

Three days a week, Zoe supports residents with a host of activities in the home, from tea making, cake competitions, person-centred activities to arts and crafts. She even gives up her time on Christmas Day to take part in festivities with the residents.

Through her accomplishments, Zoe is challenging the perception that people with a learning disability cannot do certain things and has become a much-loved member of the team. The residents can't wait to see her and talk about how warm and welcoming she is.

The volunteering scheme at Sanctuary Care is part of the care provider's commitment to enrich their residents' lives, ensuring they feel content, happy and fulfilled. It also offers members of the community the taste of a career in care while building up their skills and confidence.

Debbie James, Zoe's mum, commented: "Volunteering has changed Zoe's life. She has always been really caring, but before she would shy away from people. Since joining Sanctuary Care, she has flourished. She makes her own decisions, speaks to people in the street, and is much more confident – it's been fantastic to see."

Michelle Pilgrim, care home manager at The Beeches, added: "Zoe is a bundle of joy to have in our home; she's caring, enthusiastic, and attentive. Our team, who feel more like a family, are devoted to enriching the lives of our residents, their families, and the community. Zoe's selflessness, hard work and dedication over the last five years is a shining example of this. We can't thank her enough. She is an inspiration!"

Sanctuary Care would like to welcome more volunteers from the local community to support with a range of flexible volunteering and work experience placements, from befriending and gardening to driving and clerical support.



cultural diversity day

We're proud to have colleagues and customers from many different cultures, and for the second year running, we celebrated Cultural Diversity Day.

This is a UN event that takes place annually on 21 May.

Understanding, appreciating, and celebrating the different cultures represented in Sanctuary enriches our own lives. Our diversity is an opportunity and an advantage, with people bringing their own unique experiences and outlooks.

Ways we celebrated...

- Wearing of traditional clothing to work
- Sharing of traditional food
- Sharing stories about our cultures through blogs and videos
- An exhibition of photos reflecting the cultures in our communities



100 years of wisdom

In closing the newsletter, we would like to share the remarkable story of Savitaben, a resident at Aashna House Residential Care Home in London, who will turn 100 years old on June 6, 2023.

Savitaben was born and raised in Zanzibar, and in 1944, she married and relocated to Kenya. After her husband passed away, she returned to Zanzibar and found employment as a teacher in a government secondary school, where she taught Gujarati, English Language, Literature, and Grammar. Savitaben has been blessed with four generations of children.

1. What do you think has been the key to living a long and fulfilling life?

God's grace, blessings from my parents and best wishes from relatives and friends. Keeping active regularly and discipline in my daily routine and being at peace within myself.



2. What memories from your childhood in Zanzibar do you treasure the most?

I was the oldest of my 12 siblings, so my parents showered their wholehearted love on me while I was growing up. We are nine boys and three girls.



3. Can you tell us about how you adapted to a new culture?

It wasn't difficult because in Zanzibar there were many British people working in government offices. I went to school where British teachers taught us and during lessons, they would explain British culture in comparison to local traditions.

4. What advice would you give to younger generations about living a meaningful life?

Think positively and be able to adapt and adjust to new environments. You can and must become comfortable and at peace with yourself.

5. How have you seen the world change over the course of your life?

There has been a lasting change right across the global world specially after Second World War. This affected people's way of living, way of thinking and their attitude a tremendous amount.

I witnessed the countries which were under British rule known as the British Empire start to become independent countries one after another. My country, Zanzibar, gained independence in 1963.

6. What has been your experience living in a care home, and what advice would you give to others who may be going through a similar experience?

I've been quite comfortable right from day one living here at Aashna House. I moved in 1st of January 2017 and this is my seventh year. I try to keep myself active with reading books, writing articles, and watching good inspiring knowledgeable programmes on TV.

I try to do my personal jobs myself if I can do that easily and I try to keep my room neat and tidy as this makes me happy.

~ Savitaben D Shukla B.A London

photography exhibition



Through our Community Investment Fund, we supported the creation of Banbury Community Fridge, based at the Banbury Madni Masjid (Mosque).

Head of Taxation Payal Patel has shared a photo which is special to her as it was the first wedding they attended as a family of four, and it captures the colour and vibrancy of Hindu weddings.



Everyone at Asra House agrees it's essential to recognise and value the existence of different ethnic groups within our society, and with residents having a wide variety of different faiths, values and beliefs, our team always do their utmost to celebrate with them.

photography exhibition



Morris dancing is a form of English folk dance which dates back to at least the 15th century. There are several styles of Morris dancing which reflect social and economic changes which England has been through over the centuries.

Farah Aamir is Works Programme Admin with Sanctuary Care and says: "The 'Nikkah Day' is essentially the wedding day whereby we say our vows in a religious ceremony to become husband and wife.



Yunus Giwa, Senior Works Programmes Office with Sanctuary Care, is pictured as a groomsman at a wedding wearing an Agbada, traditional Nigerian attire worn by men during important occasions.

photography exhibition



Mercy Cabales joined Sanctuary Care from the Philippines, as part of our overseas recruitment programme. She says that when she misses her family, the residents give her a sense of belonging.

Noel Kanyama is a Resident Welfare Advisor for Brighton University based with our Sanctuary Students team. He's wearing the traditional colours of Zambia; the colours are from the nation's flag and the symbol means 'free'.



John Campbell, Head of Housing – Central and North East Scotland, is pictured playing the bagpipes and wearing his Campbell clan tartan. John began playing when he was 10 and now plays for special occasions.

pictures from the Cultural Day Celebrations Event



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