

# Spring Newsletter 2011

No. 44



larches community  
valuing people for who they are

## MP praises Horticultural Programme

On 25th February we were delighted to welcome Matthew Offord, MP for Hendon, to our Horticultural Programme. Matthew spent the morning taking part in a lawnmower maintenance session with Danny and Adam (two of our participants), Les Silvester (Manager) and Howard Lanning (Chairman) before taking the lawnmower out for a spin.

We are very grateful to Matthew for his support of The Larches, support that saw us referred to during his maiden speech in the House of Commons.

### Allotment project wins MP's praise



### What is the Horticultural Programme?

The Horticultural Programme improves employment opportunities for people with learning disabilities by providing training in horticulture and employment skills. Since the last newsletter we are happy to report that we are now an accredited City & Guilds training centre.

Our next intake of participants is scheduled for April so if you, or you know someone that might be interested in joining the Horticultural Programme then get in touch with Neel on 020 8905 6333 or at [info@larchescommunity.org.uk](mailto:info@larchescommunity.org.uk)

“ This project is the real Big Society in action. The Larches... make things happen themselves and I will be drawing the Larches to the attention of the Prime Minister and the Government as an example of how we need to put in place the systems so that other such organisations can flourish.

Matthew Offord MP

Austism Conference - 12th April  
see inside for details...

# Austism Training - 12th April 2011

As part of the Government Autism Strategy we are holding our first Austism Training. This will cover areas such as communication, challenging behaviour and management strategies.

This event is suitable for: Professional Carers, Support Workers, Family Carers, People who support adults on the Autistic Spectrum or want to learn more about Autism.

To book your place or to find out more details visit our website at [www.larchescommunity.org.uk](http://www.larchescommunity.org.uk)



## A warm welcome to our newest team member

We are delighted to welcome Neel Bharwaney to the Larches team as our new Office Manager and Linda's PA.

Neel has great organisational and administrative experience and is a great asset to our team.

## Brand Revamp

You may have noticed that since the last newsletter we have a new logo – this is thanks to some great pro bono work from one of our supporters.

But that's not all we have also launched a new website (at minimal cost). We can now make changes to the website in-house and keep everyone up to the minute about events and training programmes we're running.



# Safe Space funding

Following the success of last year's Safe Space pilot project we were keen to run further groups. However, funding was proving difficult until we successfully applied for a grant from the Big Lottery. We are now able to continue running these much needed groups for the next three years.



**LOTTERY FUNDED**

## What is Safe Space?

Safe Space is a programme for adults with learning disabilities and/or autism who, led by facilitators, meet once a week to identify, explore and manage their emotions.

If you, or you know someone who might be interested in joining a Safe Space Group then get in touch with Neel on 020 8905 6333 or at [info@larchescommunity.org.uk](mailto:info@larchescommunity.org.uk)



*A Safe Space group show their angry side*

## Function Hall and Meeting Space for hire

We have great facilities for hire for use as a meeting space, for functions and for dance/exercise classes.

We offer very reasonable rates and are happy to negotiate a package to suit you.

You can find us at Larches House, 1 Rectory Lane, Edgware, Middlesex, HA8 7LF.

For more details give us a call on 020 8905 6333 or email [info@larchescommunity.org.uk](mailto:info@larchescommunity.org.uk)



*We offer both hall and kitchen facilities*

## Volunteers Wanted!

*We are looking for volunteers to help us with our Summer programme so if you can spare a few hours a week and would like to support your local community then call us on 020 8905 6333 or email [info@larchescommunity.org.uk](mailto:info@larchescommunity.org.uk)*

## Yogatastic

In April we are starting an inclusive lunchtime yoga class in Edgware.

Classes are for adults (over 18) of all abilities, including people with learning disabilities and autism.

Classes will be held at led by our qualified yoga teacher: Richard Kravetz of Yoga For All.

If you are would like to join us ccall 020 8905 6333 or at [info@larchescommunity.org.uk](mailto:info@larchescommunity.org.uk)

## Book keeper needed

If you have Sage Accounts experience we require a freelance book keeper to work 4 to 8 hours per week

For a job description and person specification visit our website at [www.larchescommunity.org.uk](http://www.larchescommunity.org.uk)

We would like  
to thank

**Enterprise**

maintaining the infrastructure of the UK

for their support

We would like  
to thank

**olivetti**

**DIRECT TECHNOLOGY SOLUTIONS**

for their support

# Donate to The Larches

I would like to donate £\_\_\_\_\_ to The Larches Community to support adults with learning disabilities and help them fulfill their full dreams.

Donation Method (Please tick one box only)

- I will make a donation online at [www.larchescommunity.org.uk](http://www.larchescommunity.org.uk)
- I enclose my (cheque / charity voucher) made payable to The Larches Trust
- I would like to make an online bank transfer or standing order (we will call you to give you our bank details)

Personal Details

Title: \_\_\_\_\_ Forename(s): \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_ Post Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email address: \_\_\_\_\_

By making use of Gift Aid, The Larches Community not only benefits from your donation but we are also able to reclaim the tax which is paid out when the donation is made. By ticking the Gift Aid box we can claim back 28p for every £1 you give, at no extra cost to you.

- Gift Aid Declaration**  
I am a UK taxpayer and would like The Larches Trust to reclaim tax on all donations I have made since 6th April 2002 and all donations I make hereafter. (Please note that you must pay sufficient UK tax to equal the amount that will be reclaimed - currently 28p for every £1 you give)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please return this form to: Anna Glowacka, Development Officer, The Larches Community, Larches House, 1 Rectory Lane, Edgware, Middlesex, HA8 7LF