

# The Next Step Trust

162a King Cross Rd, Halifax, HX1 3LN/ The Hoover Building,  
Westfield Street, Halifax, HX1 2TY  
[www.nextsteptrust.org.uk](http://www.nextsteptrust.org.uk) T: 01422 330938



Roisin, Eleanor, Tamara (Ing Wood manager), Vicky (Ing Wood manager), Lynne and Danielle



## Support staff

Some of the support workers offered to help in a local care home for patients who had been discharged from hospital. This meant there was more space in the hospitals to care for Covid patients.

We are very proud that our staff could offer their skills to help the community and would like to say a big thanks to Ben, Danielle, Lynne, Eleanor and Roisin.

Our amazing catering team have also been supplying delicious meals for the care home which were warmly received. Thanks Sue, Donna and Ashrat for your endless commitment.

Dear Next Steppers, Parents and Carers,

Welcome to the first edition of The Next Step Newsletter. We hope this will help keep everyone in the loop about what is happening at Next Step during these unusual times.

Wishing all Next Steppers and their families good health.

We have been so pleased to welcome back a number of Next Steppers recently. For those continuing to isolate, we want you to know we are really missing you all!

Lots has been happening to make sure the service is running and keeping everyone safe and happy.

Please get in touch with us if you need to. Even though we aren't all together, we remain one as The Next Step community!

Please get in touch if you want to share any pictures or stories of what you've been up to lately. We'd love to hear from you.

Email: [helenfowler@nextsteptrust.co.uk](mailto:helenfowler@nextsteptrust.co.uk)

Warmest wishes,

All at Next Step.

## Buildings Update

To help us keep socially distanced we are using The Hoover building in addition to our sites at King Cross, Clare Road and 1855.

The Hoover building has changed dramatically in recent months; the first and second floors have been transformed and now provide changing rooms and areas for Next Steppers to do activities, eat lunch and relax. The offices are also now at this site. The finishing touches are being made to the ground floor which will house a kitchen and dining area. Space on the top floor will be used as training and meeting rooms.



## To Note – how we are operating differently

In response to the Covid 19 pandemic we have had to make many changes to keep people safe. Back in March when lockdown started we were supporting very few Next Steppers either in their own homes or for short outings. It has proved a challenging time for Next Steppers, Parents/ Carers and Staff. Along with school closures, no access to leisure facilities and lack of contact with family and friends, the pandemic has posed problems for many.

All staff have overcome barriers and difficulties at this time to continue to use their valuable skills and continue to care. We are very proud of all staff who rose to the challenge, kept calm and carried on. This has meant Next Steppers have been able to continue with vital care and support, helping families where needed.

We have created 'bubbles' across our different buildings to try and keep the same Next Steppers and staff in the same buildings'. We constantly follow government guidelines to keep contact minimal and ensure staff wear the correct personal protective equipment. We are also reviewing who is placed at which site to make sure it best fits their needs. Therefore some changes will happen over the next week which you will be informed about.

We have a system in place to check anyone being supported is contacted prior to the support starting each day, to make sure they and their families aren't showing symptoms. Likewise, any staff with symptoms have to isolate and they can be tested for Covid 19 relatively quickly.

We are doing everything possible to keep everyone safe at this worrying time. Although we make our best efforts, it isn't always possible to guarantee fixed 'bubbles'. In order for Next Step to operate, people may move between centers at times. This could be due to staff sickness, annual leave or other reasons. Please do not hesitate to contact us if you have any concerns. We talk to parents/ carers before the Next Stepper comes back to the service to agree on the best plan for each individual.

## PPE

(Personal Protective Equipment)

Infection control is more of a focus than ever and here at Next Step the staff follow rigorous PPE guidelines.

We have been fortunate enough to receive donations of visors and face masks to help keep the staff and Next Steppers safe.



## SPECIAL THANKS to....

- **Ilona Evans for donating a sofa for our Respite Facility.**
- **Annette, Jane and Jesmond who have kindly hand stitched us some vibrant face masks for our Staff.**
- **The Leo Group (facilitated by CFFC) who kindly donated surgical masks.**
- **Oliver Gerrard for his donation of visors.**
- **A special thank you to our lifelong friend Jill Mitchell, who has kindly taken the time to stitch us some colourful face masks for our staff.**
- **Val, a family friend of Tina's.**

## And finally...



We are thrilled to be seeing more Next Steppers at our centers. It was extremely quiet without them!

As we aren't able to access the many facilities and activities in the community at the moment, we have done more in house sessions and walks out.

It has been brilliant to see the staff engaging with the Next Steppers again and bringing much joy to us all.

Ria, Doris, Kyle, Ben and Christine at King Cross

### **LIFE IN LOCKDOWN - from Chris Naylor, chair of board of Trustees and parent to Matthew who comes to Next Step**

'Hi everyone,

So how has lockdown been for you? For the Naylor family it's not been too bad, though we have had our, shall we call them 'moments'! However, I have to admit it's wearing a bit thin now and especially when the weather is wet and miserable. For those of you who don't know Matthew, most of all he enjoys being outside, walking or riding on the back of our tandem bike with his dad. So long as he is doing something to channel his energy he is generally happy enough!!! So the weather we had in April and May was such a blessing. We had some lovely walks and with no time restrictions it meant we could set off sometimes with a picnic and just enjoy the day. In fact our last 'meal out' way back at the beginning of March was at the station café in Hebden Bridge where they make the best bacon and sausage butties. Thankfully I didn't think about coronavirus when we sat at the vinyl covered table which possibly hoarded a variety of germs – and we are still alive!! And it's that kind of thing we've missed – going to friends or into town for a coffee somewhere after the supermarket. Matthew misses going to the pub after walking with his group on a Thursday. All the little bits that make up life.

We are lucky to have a garden and one that isn't overlooked so a variety of activities ranging from mowing the grass (holding on to the lawnmower with dad) to obstacle courses made from chairs and a plank on two milk crates have been tried, some successful others not so! Matthew enjoys his music so for a bit of parental rest has been to put him his headphones on and just 'let him be'. Most of the time it's worked.

However, in bad weather it's a different kettle of fish altogether and like lots of folk – we've baked! The attention span is short and it can be a challenge when the mixer is suddenly dropped or comes out of the bowl full of mixture – but I am pleased to say that the results have been edible so that precious flour hasn't been wasted. But there's only so much baking you can do in a day isn't there? Until just a couple of weeks ago Matthew's PA has been off but has now come back for a couple of short days which has helped but the limited activities available are just the same. And I know this is the case for Next Step. The staff have done a fantastic job and I am full of admiration for their dedication and if I say 'bravery' I mean that. I think when all around them there seems to be the coronavirus threat, they have managed to carry on working and support the individuals who need them. I clapped for them every Thursday - our very own Front Line Workers and I'm still clapping for them – maybe not outside with Matthew on his drum but recognising and being very thankful to each and every one of them. Hopefully, it won't be too long before life becomes more 'normal' but in the meantime, take care and stay safe.'