



## ABOUT SHARE

Share provides training and employment support for disabled adults, including those with learning disabilities, physical/sensory impairments, autism and mental health needs.

We aim to transform disabled people's lives so that they can live more independently and make choices about all aspects of their lives.

We focus on what people can do, not what holds them back. And we believe that everyone has something to offer their community, whether it be in employment or as active members of our society. We aim to inspire our students to live happy, healthy and independent lives.

## WHAT SHARE DOES

- Provides accredited training in horticulture, catering, digital skills, basic skills (English and Maths) and independent living skills, as well as a number of short courses that centre around personal development, health and wellbeing, such as music, creative writing, art and crafts, and yoga.
- Operates two social enterprises – Share Gardening and Share Catering – which provide services to the local community while offering safe and supported work opportunities for our students.
- Runs Go Anywhere, Do Anything, which offers people with learning disabilities an opportunity to make the most of arts, leisure and sports activities in and around London, and further afield.

## SHARE PURPOSE, MISSION, VISION AND VALUES

### PURPOSE

To help people with disability.

### MISSION

Delivering learning, living and wellbeing programmes to disabled people so that they may realise their potential, have greater choice and independence, and live happier, healthier lives.

### VISION

We're working for a world where disabled people are fully included and have access to all the amenities and opportunities in their communities. We're working for a world in which diversity is valued and everyone is treated equally.

### VALUES

We work with respect, compassion and kindness. We believe everyone has something to offer others, and we build on people's individual talents, interests and abilities. We welcome difference and celebrate diversity.

### PERFORMANCE GOALS

Quality Services, Impact, Reputation, People, Finance & Operations, Technology.

## MORE INFORMATION

To find out more about Share, visit our website at [www.sharecommunity.org.uk](http://www.sharecommunity.org.uk). You can also find us on **Facebook** ([www.facebook.com/ShareCommunity](http://www.facebook.com/ShareCommunity)), **Twitter** ([www.twitter.com/ShareCommunity](http://www.twitter.com/ShareCommunity)) and **Instagram** ([www.instagram.com/share\\_community](http://www.instagram.com/share_community)).



# HOW TO REFER TO SHARE

Students can be referred to Share by social workers, key workers, support workers or other professionals such as disability employment advisers and support brokers. You can also refer yourself.



## Step 1

### FILL OUT A COURSE ENQUIRY FORM

This can be done in print or online on Share's website ([www.sharecommunity.org.uk](http://www.sharecommunity.org.uk)).

## Step 2

### ARRANGE A VISIT TO SHARE

Following an initial enquiry, our wellbeing team will contact you or your support team to arrange a meeting to discuss your specific situation and needs, to find out what you are interested in studying, and how many days you would like to attend Share. We will also discuss funding options with you and your support team at this stage.

## Step 3

### ARRANGE SOME TASTER DAYS

After the initial visit, Share's wellbeing team will arrange some taster days for you to try the programme or programmes you are interested in following to make sure they are what you expected and that they are right for you.

## Step 4

### START YOUR JOURNEY AT SHARE

If you are happy to proceed, we will work with you and your support team to help secure funding for you to ensure that you can start your journey at Share as soon as possible.

It is important that every student is happy, fulfilled and challenged throughout their time at Share. We therefore carry out regular reviews for all our students. For students who have an allocated social worker, reviews are usually held at three-, six- or 12-monthly intervals at Share, depending on an individual's specific needs.

For further information on how to refer someone to Share, email [info@sharecommunity.org.uk](mailto:info@sharecommunity.org.uk) or call 020 7924 2949.



# Overnight Oats

A delicious breakfast to give you some get up and go for your day. You can use any fruit you like. How about fresh mango and strawberries, drizzled with a dash of passionfruit? Serve with a spoonful of low fat natural yoghurt for some added zing.

## INGREDIENTS (SERVES 2)

- 100g porridge oats
- 250ml milk
- 1 tablespoon honey
- 1 eating apple (skin on)
- 1 banana sliced
- A handful of blueberries

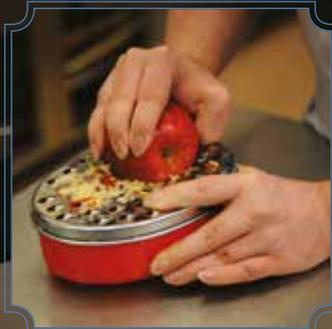
## METHOD

The night before, place the oats and milk with the honey in a bowl. Mix well, cover and place in the fridge overnight.

In the morning, grate the apple and mix it into the oats.

Divide the oat mixture into two bowls, and top with sliced banana and the blueberries, or your fruit of choice.

Top with the yoghurt, if using, and enjoy!



# JANUARY

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# CHAIR AND CHIEF EXECUTIVE REPORT

Share touched the lives of nearly 200 people over the past year. Most were students on our accredited courses, but 58 were people who'd experienced severe and enduring mental illness, who worked with our Employment Specialist. Fifteen succeeded in getting jobs. We worked with young deaf people through our partnership project with Oak Lodge School, and we continued our horticultural therapy scheme with vulnerable deaf adults living in residential homes.

Share students are now setting their personal goals for living and learning using the Outcome Star. This means that we are tracking progress much better than was possible before, adapting our learning programmes to meet identified needs. For example, the new shop, cook and eat activity is now embedded in our independent living skills programme, as is the weekly getting ready for work session.

We've been moved and excited to see our students' progress. If you haven't seen it already, have a look at our YouTube video, Edmond's Potato, to see how the use of technology is helping to boost our students' independence and wellbeing. We've also seen our students lose weight and become more active as we've woven healthy living themes into our programmes. Disabled people face significant health inequalities, and we have worked hard to give our students the knowledge and skills they need to take the best care of themselves.

Go Anywhere, Do Anything (GADA) has been an outstanding success, exceeding all its targets.

Evaluation of this three-year project demonstrated that it had significantly improved members' confidence, independence, wellbeing and social inclusion. You can read the GADA story further on in this review. We're delighted to say that we've secured ongoing funding for another three years to enable GADA to grow and reach out to even more people with learning disabilities.

We're now holding bimonthly coffee mornings for parents and carers, as part of our drive to listen and better involve them in our work. These have proven to be popular, and we plan to continue running them, inviting external speakers from time to time.

We continued to make progress in our journey towards becoming a Centre of Excellence for people with autism. We've made many improvements to our environment and we've developed a number of new and helpful communication strategies. We aim to have achieved accreditation in 2018.

Among all the joy and laughter there were also tears and sorrow. David Williams, one of our most exuberant students, died suddenly in October. He'd been the inspiration and catalyst for our development as an autism-friendly organisation and had taught us so much. We hosted the wake after his funeral in November, and Share was packed with his friends, family and carers, all sharing stories which were tender and often funny.

We said farewell to Jenny Shand, who had developed and nurtured the Share garden for over 20 years. She retired

in March, and we celebrated her immense contribution to Share. Also this year, new people joined us with fresh ideas and lots of energy, and we continue to have a staff team that is happy and motivated. In this year's staff survey, everyone reported that they were happy with their job. Two longstanding trustees came to the end of their terms of office, and so we said farewell to Lizzie Jones and Frank Hogan, who had contributed hugely to our success. We welcomed new trustees to the Board and are already benefiting from their skills and experience. Our operational volunteers also contribute massively to our work. Over this period, they contributed 6000 hours at Share's main office and garden, with GADA social buddies contributing an impressive 1200 hours.

Looking ahead, harnessing the best that digital can offer is an ever-evolving adventure, and we're also excited about developing our employment and employability-based activities. We'd like to thank all of our friends and supporters as well as our colleagues – you are all amazing.



Bill Morgan CHAIR



Annie McDowall CHIEF EXECUTIVE

# Eggs en Croute

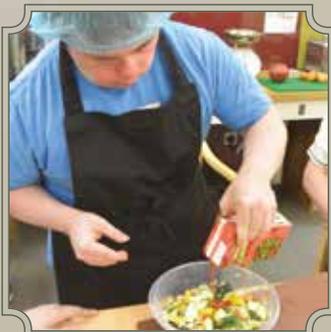
Ratatouille with a difference. A simple hearty meal cooked up in a jiffy using a microwave.

## INGREDIENTS (SERVES 2)

- 200g tomato passata with basil
- 2 eggs
- 2 teaspoons grated cheese  
(such as parmesan or mature cheddar)
- 1 pepper, deseeded and chopped
- 1.5 teaspoons vegetable oil
- 1/2 a red onion, chopped
- 1 clove garlic, crushed
- 1 courgette, chopped
- 2 wholemeal bread rolls

## METHOD

Place the oil in a large microwave proof bowl and add the pepper, courgette, onion and garlic into the bowl and stir. Microwave the mixture on HIGH for 2 minutes, stir and then heat for another 2 minutes until softened. Pour the passata into the bowl and stir. Divide the cooked mixture into two medium-sized microwave proof dishes. Make a small hole in the centre of each dish of the tomato mixture. Crack the eggs and carefully place an egg in each hole. Gently prick each egg yolk with a fork. Sprinkle each dish with 1 teaspoon of cheese. Microwave each dish on HIGH for 4 to 6 minutes or until the eggs have just set. Serve with bread rolls, and tuck in!



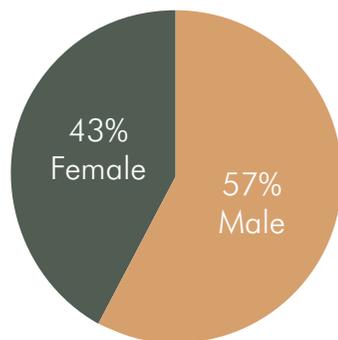
# FEBRUARY

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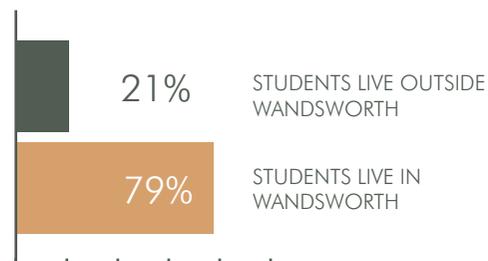
# PROJECT PERFORMANCE REPORT

In April 2016 we had 90 students (representing a full-time equivalent of 71.25) and in March 2017 we had 96 students (representing a full-time equivalent of 73). We had 20 students join Share during this time and 14 left. One full-time equivalent is defined as one person attending Share for three full days per week.

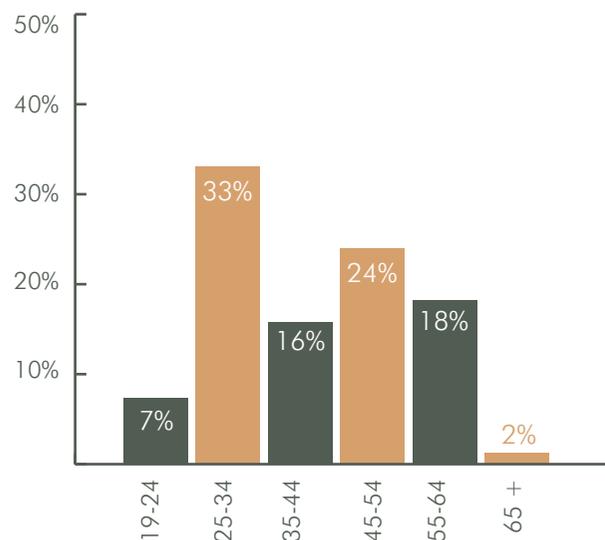
## GENDER



## BOROUGH



## AGE



## QUALIFICATIONS

71 ACCREDITED QUALIFICATIONS\*

42 NON-ACCREDITED QUALIFICATIONS\*\*

18 FULL QUALIFICATIONS GAINED ACROSS ALL SHARE PROJECTS

5 LEVEL 1 QUALIFICATIONS ACHIEVED

4 ENTRY 1 QUALIFICATIONS ACHIEVED

5 LEVEL 2 QUALIFICATIONS ACHIEVED

2 ENTRY 2 QUALIFICATIONS ACHIEVED

2 LEVEL 3 QUALIFICATIONS ACHIEVED

247 CREDITS TOWARDS QUALIFICATIONS ACROSS ALL SHARE PROJECTS

23 LEVEL 1 CREDITS ACHIEVED

99 ENTRY 1 CREDITS ACHIEVED

24 LEVEL 2 CREDITS ACHIEVED

31 ENTRY 2 CREDITS ACHIEVED

70 ENTRY 3 CREDITS ACHIEVED

49 ACCREDITED CERTIFICATES THROUGH CITY & GUILDS

30 ACCREDITED CERTIFICATES THROUGH OCN

\*including 18 full qualifications. \*\*such as creative writing and arts & crafts

# Roasted Vegetable Couscous

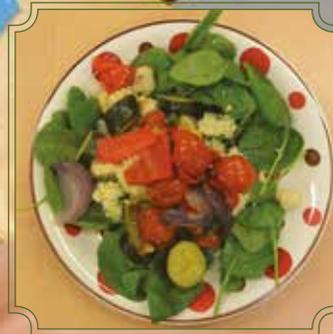
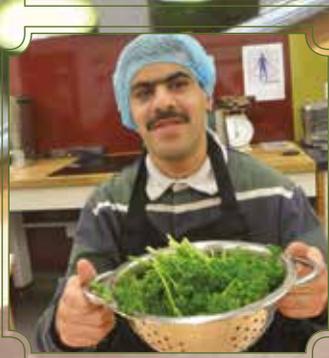
This dish makes a wonderful salad lunch or supper. It travels well too, making it great for packed lunches, so you can forget those soggy sandwiches!

## INGREDIENTS (SERVES 2)

- 150g couscous
- 2 peppers, deseeded and quartered
- 1 courgette, sliced
- 1 red onion, cut into wedges
- 14 cherry tomatoes
- 1 clove garlic, finely chopped
- 1 tablespoon olive oil
- Juice of half a lemon
- 2 tablespoons fresh parsley finely chopped
- A few handfuls of fresh spinach

## METHOD

- Preheat the oven to 200°C/fan oven 180°C/Gas mark 6.
- Place the tomatoes whole onto the baking tray with the pepper, courgette and onion.
- Pour the olive oil over the vegetables and stir well to coat them evenly.
- Roast the vegetables in the oven for 35 to 40 minutes, stirring every 10 minutes or so to stop them burning.
- While the vegetables are cooking, boil up some water and place the couscous in a heatproof bowl. Carefully pour 250ml of boiling water into the couscous and mix.
- Add the parsley and lemon juice to the bowl and mix.
- Once the vegetables are soft and cooked all the way through, spoon them into the couscous and mix well.
- Divide the spinach leaves on two plates and top with the couscous mixture. Yum!



# MARCH

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# HEALTHY AND HAPPY

Having received an £80,000 grant from the Wimbledon Foundation, we've been working hard to embed healthy living principles into all aspects of our work at Share to enable our students to take positive steps towards a healthy lifestyle. Our ultimate aim is to help people to develop and sustain short- and long-term healthy living strategies for themselves.

Share students have been working with our healthy living coordinator, learning about why it is so important to eat a healthy diet and exercise regularly. In addition, they've been learning how to look after themselves better, and when and where to seek help.

Healthy eating modules are now an integral part of our independent living skills programme. This involves students learning how to prepare and cook simple, healthy, nutritious meals for themselves using easy-read recipe sheets. As part of this work, students are taught about what constitutes a healthy diet and encouraged to try new foods with different colours, textures and tastes so they can ensure they are getting their 'five-a-day'.

Students are also able to develop their kitchen skills such as preparing vegetables, chopping and food hygiene, which are invaluable independent living skills.

In addition to raising awareness about food and diet, our healthy living programme also supports students to improve their fitness levels. We now run regular weekly sports and fitness sessions in partnership with the charity Disability Sports Coach to get our students active and enjoying the outdoors. And we're helping students to

recognise that even small changes in their lifestyle can make a big difference in their fitness, such as using the stairs rather than a lift.

In order to empower students to adopt healthier lifestyles, students have also been learning about the importance of regular health checks and screenings. Share has worked in partnership with local health providers to promote the importance of regular health checks among our students (eg, going to the doctor, dentist, opticians, podiatrist and other wellbeing services). By learning what happens at an appointment and what local services are available, students are better equipped to know when and how to ask for help.

We've also been looking at how Share students can play a greater role in shaping local health services by providing feedback to help improve accessibility for those with a learning disability. We worked closely with Healthwatch Wandsworth so our students could provide their views and experiences of using health services and how they could be improved. This led to the creation of a video, which highlighted some of the health inequalities faced by our students and also what would make a real and meaningful difference to their experiences of using health services. Our students also took part in focus groups with local hospital staff to look at what's important when visiting a hospital and how their patient experience could be improved. We hope that by supporting our students to share their experiences of using services, they will receive better and more consistent health care and ultimately reduce the health inequalities they face.



# Tortilla Pizza

A healthy pizza. Yes, that's right, this guilt-free pizza is a real treat anytime of the week and without all the calories. How fabulous is that?

## INGREDIENTS (SERVES 2)

- 2 wholemeal tortillas
- 2 tablespoons tomato puree
- 8 mushrooms, sliced
- 2 handfuls of sliced red onion
- 2 peppers, chopped
- 50g Low fat cheese, grated or diced
- A few handfuls of fresh spinach

## METHOD

- Preheat the oven to 200°C/fan oven 180°C/Gas mark 6.
- Put some greaseproof paper onto two baking trays and place a tortilla on each tray.
- Spread the tomato puree onto each wholemeal tortilla and cover each pizza with a handful of spinach.
- Spread the prepared vegetables over the spinach and top with the cheese.
- Cook in the oven for 10 to 15 minutes, or until the cheese has melted and the base is crisp.
- Serve immediately.



# APRIL

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# DIGITAL FOR WORK, REST AND PLAY

In our continuing bid to embed digital technology within all aspects of our work to revolutionise the way our students live, learn and communicate, we're using our immersive learning centre and mobile devices such as iPads to transform how we teach, helping each student to learn in the style that suits them best.

We are therefore always looking for innovative solutions for communication and learning to ensure each student gets an inclusive experience tailored to their needs.

We are using different devices (eg, talking photo albums) and Apps such as Pictello, a storytelling App that uses pictures and videos, and turns text into speech, to help our students complete specific tasks and work independently. For example, we have created talking photo albums to create recipes that our students can then use at home to cook a simple meal; and we have created Pictello stories to develop shopping lists that our students can use to buy ingredients for their recipes.



We have also created online revision tools for our catering students working towards their food hygiene qualifications using Socrative, a user-friendly online survey application. The questionnaires allow our tutors to see individual responses, enabling them to tailor their teaching approach for those students seen to be excelling or struggling within certain areas of the course.

Within our immersive learning centre, we're developing interactive, multi-sensory content to create accessible simulations and virtual spaces to encourage group discussions and student participation, helping students to learn, communicate, cope better with stressful environments or develop a better understanding of specific concepts, such as healthy eating and recycling.

As more of our teaching goes digital and online, we have put particular emphasis in ensuring our students know how to remain safe online.



# Sweet Potato with Tzatziki & Salad

Did you know that sweet potatoes count as one of your five a day, but 'regular' potatoes don't? This recipe brings a touch of the Mediterranean to your diet with a cooling yoghurt tzatziki. Feel free to add any other ingredients to your salad. We added grated carrots and sweetcorn.

## INGREDIENTS (SERVES 2)

- 2 sweet potatoes, scrubbed and pricked
- 250g fat-free plain Greek-style yoghurt
- 1/2 cucumber, grated, plus some extra thinly sliced for the salad
- 1 clove garlic (to taste), crushed
- 2 tablespoons fresh parsley, finely chopped
- 1 bag of salad leaves

## METHOD

Place the sweet potatoes on a microwavable plate and heat for 8 minutes in the microwave. Check the sweet potatoes after 4 minutes and carefully turn over.

In a bowl, add the garlic, parsley and grated cucumber, and pour half the yoghurt into the bowl. Mix well.

Divide the salad and sliced cucumber on to two serving plates.

Check the sweet potato is soft and cooked all the way through. Once ready, place a potato on each plate, cut in half and drizzle with the tzatziki.



# MAY

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# INDEPENDENT LIVING SKILLS

Based on our initial findings using our Student Star, one version of the Outcome Star, an evidence-based tool to measure our students' progress over time, we restructured our life skills programme to make it more relevant for the changing needs of our students.

These findings highlighted that most of the students at Share were kinesthetic learners – that is, people who learn best by doing – and therefore responded to practical learning better.

Our new independent living skills programme reflects these needs and places practical, community-based learning at the heart of its curriculum. In addition, it is based around the nine core areas of the Student Star so we can accurately measure and monitor each student's goals. We're also working hard to involve parents and carers to ensure that our students' learning doesn't stop once they step outside the gates of Share.

The new programme, which leads to OCNLR Entry Level Qualifications in Independent Living (QCF), is broken down into four main areas of study, each of which include a number of modules, which themselves are broken down into units.

## The four main areas of study are:

- **Communication.** Supporting students to use the appropriate medium to communicate their wellbeing and wishes, using verbal or written communication, or with the help of assistive technology;
- **Everyday Living Skills.** Supporting students to learn about everyday tasks such as using domestic appliances, doing the household shopping or cooking a simple meal for themselves. As part of this module, students also learn essential skills to help them get ready for work.
- **Health and Wellbeing.** Supporting students to learn how to look after themselves, understand friendships and feelings, and to know where and when to get specialist help;
- **Social Responsibility.** Supporting students to learn how to be responsible for themselves, and become more aware of what is going on around them in the community and society in general.



# Pasta with nut-free pesto

We've made this pesto nut-free, but you can always add a handful of nuts if you wish (pine nuts, almonds, walnuts all work well with this pesto). If you want to go vegan, omit the cheese. And remember most supermarkets do sell a vegetarian alternative to Parmesan.

## INGREDIENTS (SERVES 2)

- 150g whole wheat pasta
- 120g fresh spinach
- 25g fresh basil
- 1 garlic clove, peeled
- Juice of 1 lemon
- 15g Parmesan cheese or other hard cheese, grated
- 3 tablespoons olive oil
- 14 cherry tomatoes (about 160g), chopped in half

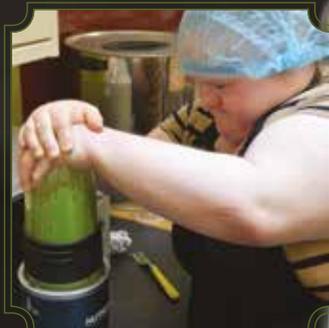
## METHOD

Cook the pasta according to the instructions on the packet. While the pasta is cooking, add half the spinach into a food processor or blender. Add the basil, garlic, cheese and lemon juice, and blitz for about 30 seconds.

Add the olive oil to the mix and blitz again until smooth.

Once the pasta is cooked, drain and return to the cooking pot. Add the pesto and mix carefully to cover the pasta well.

Divide the remaining spinach onto two serving plates, and serve up the pasta. Sprinkle the cherry tomatoes on top, and dig in.

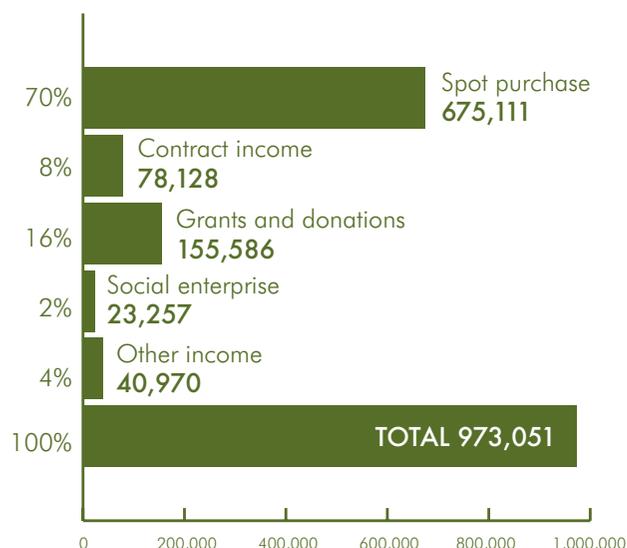


# JUNE

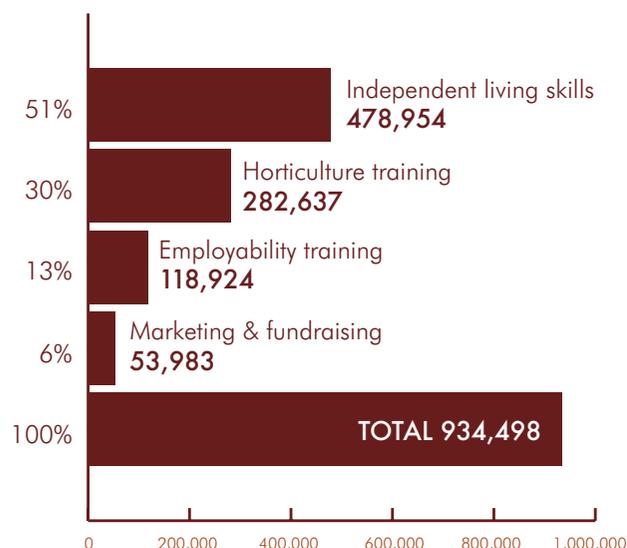
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# INCOME AND EXPENDITURE 2016-17

## INCOME

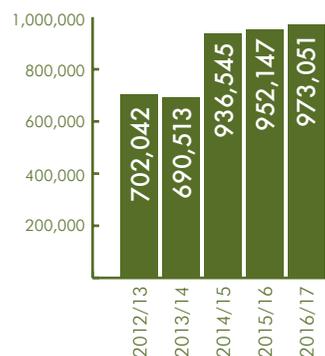


## EXPENDITURE

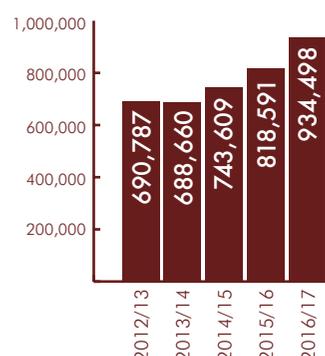


## FINANCIAL PERFORMANCE DURING THE PAST 5 YEARS

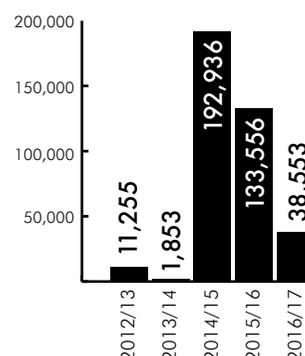
### INCOME



### EXPENDITURE



### SURPLUS/DEFICIT



The Charity's income was £973,051 in the year ended 31 March 2017, compared to £952,147 in 2016. The net result was therefore a surplus of £38,553 during 2016-17, compared to £133,556 in 2015-16.

The total expenditure was £934,498 in the year ended 31 March 2017, compared to £818,591 in 2015-16.

The Charity held unrestricted funds of £936,330 at the year end, of which £678,245 is tied up in fixed assets.

## Thank you to funders

- Alchemy Foundation
- Awards for All
- Baily Thomas Charitable Fund
- Battersea Power Station Foundation
- Bircham Dyson Bell
- Centre 4 Learning
- City Bridge Trust
- Drapers' Charitable Fund
- Free Sports Fund
- Khalsa Centre
- Lloyds Bank Foundation
- London Borough of Wandsworth
- Oxfizz
- Persula Foundation
- R S Brownless Trust
- SDS London
- Souter Charitable Trust
- Sterling Media
- The Foresters Charity
- The Lynn Foundation
- Thomas J Horne Memorial Trust
- Tooting Business Network
- White Stuff
- Wimbledon Community Grant
- Wimbledon Foundation

# Moroccan Chickpea Salad

A simple salad, dressed with a tangy lemon dressing and a touch of spice. Another quick meal to whip up after a long day at the office. Don't be afraid to try different salad ingredients such as carrots, sweetcorn or even raisins and nuts. Or how about some pomegranate for a little touch of exotica?

## INGREDIENTS (SERVES 2)

- 150g couscous
- 1 tin chick peas (400g)
- 4 tomatoes, chopped
- 2 peppers, deseeded and chopped
- 1/2 a red onion, chopped
- 2 teaspoons of olive oil
- Juice of 1 lemon
- 1 small garlic clove, crushed
- A handful of fresh mint, finely chopped
- A pinch of paprika and ground cumin

## METHOD

Boil some water and place the couscous in a heatproof bowl. Carefully pour 250ml of boiling water into the couscous and mix.

Drain the chickpeas and place them in a salad bowl. Add the peppers, tomatoes, mint, lemon juice, onion and garlic, and mix well.

Add the olive oil, paprika, cumin and mix again. Allow everything to stand for about 10 minutes to let the flavours develop.

Serve the couscous onto two serving plates and top with the salad.



# JULY

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# EMPLOYABILITY SKILLS

Employability skills are incorporated within our independent living skills programme. While we know that work may not be for everyone who attends Share, we feel that an understanding of what it means to work, and an appreciation of knowing what skills might be useful to a potential employer is important for our students.

Over the past year, we have therefore carried out a number of volunteering workshops to help our students explore their own interests and skills, and think about how they might go about getting valuable work experience through volunteering.

In addition, our employability skills programme focuses on getting our students ready for work (for example, help with writing a CV or filling in application forms, or preparing for interviews) and understanding the rules of work (eg, getting to work on time or what to wear).

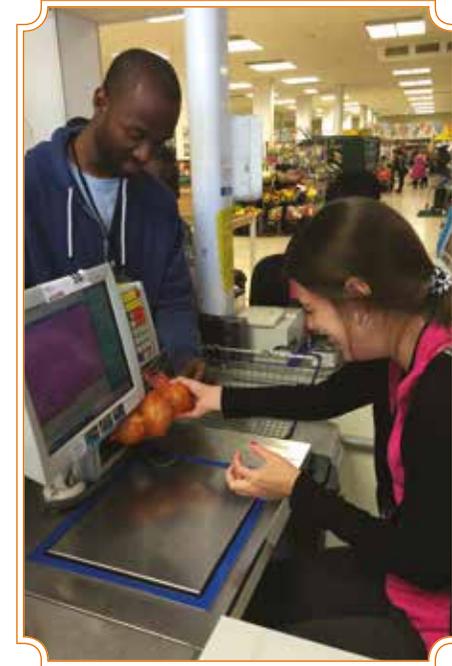
As part of this work, our students are able to put into practice what they learn by getting practical work experience through Share's social enterprises, Share

Catering and Share Gardening, which both provide safe and supported real-life working environments for our students to pick up valuable skills.

## INDIVIDUAL PLACEMENT AND SUPPORT

Over the past few years, Share has used the Individual Placement and Support protocol to help people with enduring mental health needs back into work. This model helps to rebuild lives through employment, supporting people when they are most vulnerable. We believe this approach demonstrates that, with the right support, employment is fundamental to helping people improve their overall mental wellbeing and self-esteem, and produce sustainable outcomes.

Over the past year, Share's employment specialist worked with 58 clients, and helped 15 people into paid employment, while providing in-work support for 23 people.



# Mixed Bean Salad Pitta Bread

A fresh alternative to your traditional sandwich. Or serve up the salad on its own or with pasta for a delicious summer lunch.

## INGREDIENTS (SERVES 6)

- 2 tins mixed bean salad in water
- 1 bag sliced red onions (about 290g)
- 2 celery sticks
- 1 cucumber, finely chopped
- 250g cherry tomatoes, chopped in half
- 150g low-fat Greek salad cheese
- 3 tablespoons olive oil
- 3 tablespoons fresh mint, chopped
- 3 tablespoons fresh parsley, chopped
- 2 cloves garlic, crushed
- Juice of 1 lemon
- 6 wholemeal pitta breads

## METHOD

Drain the tins of mixed beans and place them in a salad bowl. Add the onions, celery, cucumber and tomatoes to the bowl, and mix.

Pour in the olive oil and lemon juice, with the mint, parsley and garlic, and mix again.

Finish off the salad by crumbling in the cheese into the salad and mix well.

Toast the pitta breads. Carefully slit them open them and fill with the salad and serve.



# AUGUST

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# DJUNA

**D**juna has been studying at Share since May 2016. He studies basic skills and catering with us, and also attends our creative writing course.

Djuna is a shy young man who is kind and gentle with a sweet nature. During his time at Share, he's become a popular and valued member of our community – as evidenced by the way his peers deal with and encourage him. He has a presence that is immensely positive – an all round wonderful personality to be around.

Djuna has a non-verbal style of communication, so although Djuna always seemed to be enjoying his time spent in his various courses and his peers clearly enjoyed his company, his sensitivity to eye contact and his anxiety about doing the wrong thing can make it difficult for him to demonstrate his skills.

Staff at Share have worked with Djuna to develop their own system of communication to unlock what works best for him and it's been a joy to see how he has progressed while he has been at Share.

## **BASIC SKILLS**

Share's basic skills tutor has been working with Djuna to develop a rapport and their own system of communication through body language. Djuna now engages with all the tasks set, which are always presented to him in a multiple choice fashion to help selection. He appears to be more confident and can indicate the correct answers to questions posed. This has helped us to recognise his achievements and helped him to develop his own sense of satisfaction. We are confident that he will now be able to attain the necessary criteria for him to achieve a City & Guilds certificate.

## **CATERING**

Djuna has developed very well in catering at Share. He now remembers the most important things he needs to do when in the kitchen and in what order; for example, put on his apron and hat, and wash his hands. He also knows how to hold a knife when walking around the kitchen and knows how and when to wipe down his section using the correct method of cleaning.

Share's catering tutor notes that Djuna will now call him by his name and smile. Djuna has become a good member of the catering team and has already made good progress in his achievements with all tasks he is given. We are now working with Djuna to see if he would like to undertake a CIEH qualification in catering.

## **CREATIVE WRITING**

Share's creative writing tutors have noticed that Djuna has become much more confident at actually coming into the room. He used to hesitate and linger outside and if anyone looked at him or spoke to him he'd flee. But these days he strides in and sits easily.

Eye contact is also much improved, and he will try to express himself more frequently. He takes his turn in class and joins in happily – for example, with a game the group played that involved throwing a dice and choosing letters and then coming up with words. He has very neat handwriting and is able to copy words from the whiteboard totally unaided. He will then read them out along with the tutor.



# Egg-free Chocolate Mousse

Hard to believe there are no eggs in this quick dessert, which is guaranteed to wow any dinner party guests. Delicious but it is surprisingly rich so you only need a small serving per person. It seems that good things do come in small parcels! Serve with fresh raspberries and blueberries for an extra special treat.

## INGREDIENTS (SERVES 4)

- Flesh of 1 avocado
- 1 banana, peeled
- 3 tablespoons cocoa powder
- 2 tablespoons honey

## METHOD

Place the banana and avocado flesh in a food processor or blender. Add the cocoa powder and honey, and whizz until smooth and thoroughly mixed. Serve the mousse in 4 serving cups, and prepare to be amazed!



# SEPTEMBER

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# GO ANYWHERE, DO ANYTHING – GOING GLOBAL!

Share's Go Anywhere, Do Anything programme is all about social inclusion, making friends, going to amazing places and doing fun things! But, as well as having fun, this project also aims to help our students build essential life and social skills. For example:

- Learning to travel by public transport with confidence
- Being comfortable going to public restaurants and venues (eg, ordering, handling money, asking for help)
- Giving members choice – supporting them to tell us and others what they want, and how they feel, what they like and what they don't

Quite simply, it's about sharing experiences, enjoying life and being happy...

Members get to choose where they want to go and what they want to do. And then we make it happen with the help of volunteer social buddies!

As part of this work, we also aim to highlight and advocate the importance of better accessibility and customer service for disabled people within the community and in society in general – educating others to take a more inclusive approach for all.

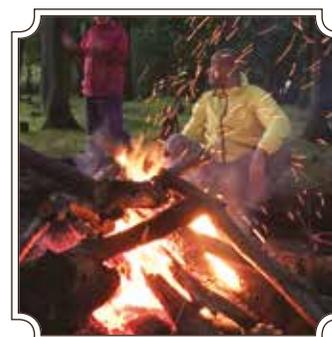
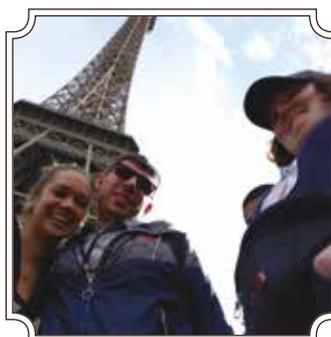
The initial three-year project was launched in 2014 with the help of funding from the City Bridge Trust, during which we ran a total of 136 trips.

Over the past year, we have supported 57 adults with learning disabilities to choose, design and attend 62 days and evenings out across the capital. We have

provided 297 spaces on trips throughout the year, 110 more spaces than in the previous year. Our dedicated social buddies have volunteered 1200 hours of their time during the past year.

And we celebrated completing a number of firsts! We carried out our first overnight trip by going camping, and we went on our first international trip to Paris.

We were delighted to be able to secure funding from Henry Smith Charity, Mercers' Company, Merchant Taylors' Company, and the Hummingbird Charitable Trust for a further three years to continue to develop and grow the project. Over the next three years, we plan to run 210 trips for 60 people with learning disabilities and autism to help them achieve their health and wellbeing goals, and improve their mental and physical health. Our aim is to ensure that at least 70% of our members get to explore places outside London.



# Date and Ginger Bites

These little balls of goodness make a great snack whenever you are feeling peckish. They freeze well, so you can make large batches and defrost as needed. And they look gorgeous too, so why not serve them as a healthy after dinner petit four?

## INGREDIENTS (MAKES 12)

- 1 cup oats
- 1 tablespoon cocoa powder plus some extra for dusting
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 12 soft dates
- 1/3 cup of water

## METHOD

Add the oats, cocoa powder, ginger and cinnamon into a food processor or blender. Blend until the mixture looks like fine flour. Transfer the mix into a bowl. Put the dates into the food processor or blender with the water and blitz until smooth.

Add the oat mixture to the blender and whizz everything together thoroughly to make a sticky dough. Sprinkle the extra cocoa powder on to a large tray – you're going to use this to dust your date balls.

Roll the mixture into 12 equal-sized balls, about the size of a £2 coin. Then roll each ball in the cocoa powder to cover it evenly.

And, hey presto...a healthy little bite to keep those hunger pangs at bay.



# OCTOBER

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# WORKING AND BLOSSOMING IN THE GARDEN

The Share garden is a little oasis in suburban London, providing our students space for their horticulture training, and calm contemplation and recuperation for those looking for horticulture therapy.

Our 2.5-acre garden is also the home of our horticulture social enterprise, Share Gardening, which provides garden maintenance services for local residents and businesses, and includes our thriving plant sales business.

It brings together gardening and craft skills as well as business and customer skills for all our students, providing opportunities for work experience and employment.

## DANIEL

Daniel holds a Level 1 qualification in practical horticulture, and is now studying for his Level 2 qualification in this subject.

He loves being outside and learning about gardening.

He especially likes helping other students to learn new skills. In his time in the garden, he has developed his own skills enough to be able to join Share Gardening to gain experience in real-life working.

Daniel really enjoys propagation and taking cuttings as well as mowing and developing his own ideas and plans for regenerating areas in the Share garden.



Daniel is currently dedicating his time to developing the composting area in the Share garden so we can bag up our own compost for sale to clients. This involves clearing waste plants and tree branches to make the compost bays into usable space so all students have easy access to the area. He rotates and filters the compost material to help it rot down and turn it into fine tilth. He has also made clear signs to make sure all students know where to deposit their green waste. And he's encouraging other students to join his project.

His aim is to have an area for completed bags ready for pick up and another for processing pre-orders. He has also been sharing his future plans for how to develop the compost area further by adding a soil steriliser and branching out into three products for sale: general compost, compost for propagation and mulch. He has taken an active part in helping with the financial planning for this project and how to make it work best for the needs of the garden.

Daniel says he loves the independence the garden gives him and the chance it gives him to express and carry out his own ideas for various projects.

## ROBERT

Robert joined Share's horticulture course to get out in the fresh air more and to make new friends. He had some previous knowledge of horticulture but wanted to build on this and get physically fitter.

Robert is working to gain a Level 1 qualification, having completed four units in just over two months.

Robert quickly picks up new skills and likes to challenge himself.

He has a keen interest in garden design and loves planning projects for the future of the Share garden. He has been working with staff to develop a display bed for winter bedding, learning about plants and thinking about colour and heights that he can use to achieve the effects he wants in the display. Robert is very keen to learn as much as he can and takes a lot of pride in his work and the garden.

This is also reflected in his home where he is getting his housing staff involved in redeveloping the property's shared garden into a more beautiful space that everyone can enjoy, use and respect.

Robert loves propagation and learning how to grow new plants he can either sell to the public or use in his displays for the next year. His dream is to develop a stall outside the hospital gates to sell the plants that he has been propagating so others can use them in their gardens. He also aspires to working with Share Gardening and wants to gain work experience using a lawn mower and other machinery.



# Sweet Potato Brownies

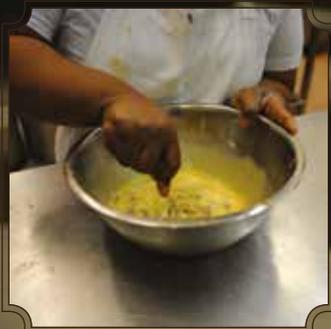
Whenever we make these brownies, the smell of them cooking wafts through Share HQ and brings a wave of volunteer tasters. Another great little healthy snack that can be enjoyed guilt-free. We've tried this recipe with beetroots as well – also, delicious. Give them a go and tell us which one you prefer. At Share HQ, the votes were decidedly split.

## INGREDIENTS (24 SLICES)

- 5 eggs
- 100g cocoa powder
- 8 dessertspoons rapeseed oil
- 8 dessertspoons honey
- Flesh of 1 large sweet potato (about 100g)
- 15 soft dates, chopped

## METHOD

- Preheat the oven to 200°C/fan oven 180°C/Gas mark 6.
- Scrub and prick the sweet potato, and microwave it for 8 minutes, until it is soft all the way through.
- Scoop out flesh and place it in a food processor or blender with the dates, eggs, oil and honey. Blend until smooth.
- Add the cocoa powder and blend again to mix thoroughly.
- Line a baking tray with greaseproof paper, and spread the sweet potato mixture evenly.
- Bake for 20 to 30 minutes and leave to cool.
- Slice and serve, or freeze to enjoy later.



# NOVEMBER

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# MARY

Mary joined Share in 2015 and studies catering with us.

During her time at Share, Mary has achieved her Level 1 qualification in food safety, and is now an invaluable member of the catering team at Share. As part of her course, Mary helps with meal preparation as well as serving, having recently joined the team to serve canapés at Share's Evening in the Garden event.

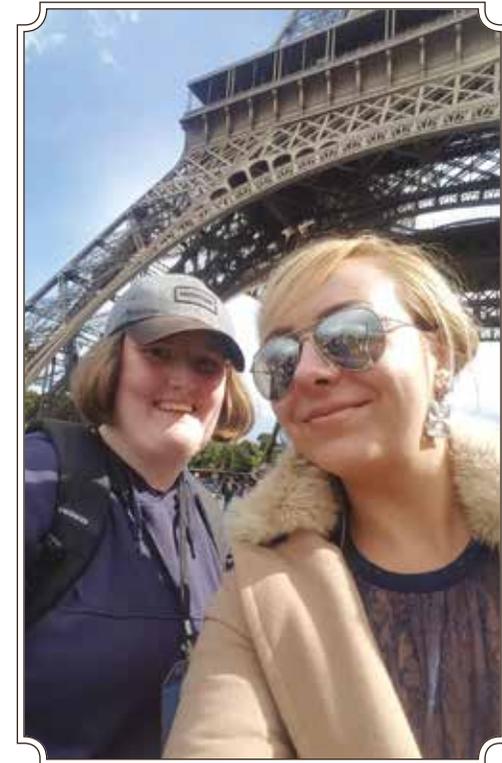
Mary finds new environments and meeting new people challenging. When Mary first arrived at Share, she would be nervous and reluctant to be left alone at Share and would not engage with anyone, opting to sit by herself. Since that time, Mary has come on in leaps and bounds, having built up a particularly special rapport with Share's catering staff – she now confidently enters the building, puts away her jacket and changes into her catering uniform ready for her first task of the day.

Mary is also an active member of Share's Go Anywhere, Do Anything social programme, having attended several trips, including our first overnight trip – camping, and our first international trip to Paris. And she's gaining more confidence with each trip.

She loves sport (especially football), and can often be seen exploring the BBC Sports website. She's also a keen and talented artist, and she shares much of her work via various social media platforms such as Facebook and Instagram.

Mary chooses to communicate with those at Share using visual signals, as well as various online and mobile platforms – and we're very proud of how she uses technology as a communication tool to best suit her needs.

Looking forward, Mary ultimately wants to move into supported living as she wants to live more independently and obtain paid employment. Mary says she likes everyone at Share and enjoys her time there. Mary's mother writes: 'For my part, Share has been a great opportunity for Mary to develop her kitchen skills and also her social skills. Everyone at Share has been helpful and supportive towards her. Mary has really enjoyed all the Go Anywhere, Do Anything trips and we would both like to thank everyone who organises these and accompanies Mary and the other learners.'



# Carrot and Coriander Soup

A wonderful winter warmer. The nights are drawing in, but this soup is the ultimate comfort food.

## INGREDIENTS (SERVES 6)

- 3 bags chopped carrots (900g)
- 2 bags chopped onions (400g)
- 2 potatoes, chopped
- 1.5 tablespoons vegetable oil
- 1.5 teaspoons ground coriander
- 1 reduced salt vegetable stock cube
- A large handful of fresh coriander, finely chopped
- 6 wholemeal bread rolls

## METHOD

Before cooking, prepare the vegetable stock by pouring 1.8 litres of boiling water into the measuring jug to dissolve the stock cube completely.

Add the vegetable oil into a large saucepan and heat up. Add the onion and fry it gently for 5 minutes until softened. Add the ground coriander and cook for another minute.

Add the carrots and the potatoes to the pan, and cook for a couple of minutes, stirring all the time to make sure nothing sticks to the pan. Add the vegetable stock, stir, cover and cook for 20 minutes until the potatoes and carrots are soft. Add the fresh coriander and mix.

Take the saucepan off the heat and use a hand blender to blend the vegetables until smooth. Spoon the soup into the bowls and serve with warm bread rolls.



# DECEMBER

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## HASSAN – GETTING OUT AND ABOUT

Hassan called Share staff on his new mobile for the very first time. He wanted to talk about an upcoming trip that he really wanted to go on.



## JOYCE – INDEPENDENT LIVING

As part of Share’s independent living skills course, our staff supported a group of students to choose a favourite meal, find a recipe, use online shopping to order the ingredients and, once the shopping was delivered, take home some ingredients together with the recipe and a letter asking for families or staff to support our students to cook the meal and photograph or video it. Joyce completed her home task and brought in a photo to show everyone the following week.



## ANDREW – GETTING SPORTY

Andrew initially signalled he didn’t want to attend Share’s Sports Day at a local leisure centre, but on the day he was hanging around the group that was going out so we took him with us! He seemed to have a really great day and took part in many of the activities on offer – he was especially good at golf! He also played tennis, rugby and even tried cycling!



## HARRIS – MOVIE MAESTRO

Harris told Share staff that he wanted to go to the movies and see the Spiderman movie and the horror film It, and said he wanted to invite Edmond and Eileen. Staff at Share coordinated the trips and Harris went along and had a great time!

## MANSOOR – HELPING RECRUITMENT AT SHARE

All frontline staff who work with our students are interviewed by Share students as part of our recruitment process. Mansoor was involved in recruiting our new Go Anywhere, Do Anything project officer. Mansoor showed incredible confidence when interacting with the candidates during the ‘practical task’ section. He was very quick to answer some questions, and answered them very firmly and without hesitation.



## VISHAL – WORKING AT SHARE’S SALAD BAR

Vishal is our de facto server at Share’s salad bar at lunchtime. He took on this task of his own accord, helping to dish out salad to fellow students. This job has given him real focus and purpose.

# Sharing a Taste of Home Cooking

In this calendar, Share students share their favourite recipes to give you a little flavour of what they've been cooking up over the past year. Easy to make, nutritious and delicious dishes that are guaranteed to help you live well and feel great!

The recipes in this calendar were developed (and tested!) by Share students as part of our independent living skills programme, which puts independence, health and wellbeing at the heart of its curriculum, helping our students to learn everyday skills such as cooking a simple meal for themselves.

Enjoy!

