EmployAbility2u

February 2022

Welcome to the first Newsletter of the New Year. As February is the month of love, we will look at ways to love ourselves with some self-care tips, including a delicious recipe as a nice treat.

TRAINEE REFLECTIONS ON 2021 & HOPES FOR THE YEAR AHEAD

"I hope that there are no more restrictions as work can be challenging with different rules all the time. I hope to keep up my job at a local hotel as I am really enjoying it and have made friends there." - Julian

"Something positive from this year is I have gained a paid job with Stena line. One thing I am looking forward to in 2022 is attending an interview for a permanent post within Stena Line." - Daniel

"I have gained confidence speaking over zoom with my Employment Officer, I have learnt many new skills and qualities about myself that will prepare me for going back to work. I am really looking forward to 2022!" - Alison

"With covid about, it's been a bit different, having to wear face coverings and hand sanitising. I felt it was good to get a placement during these times as it gives me somewhere to go during the day. I feel great and it gets me out to meet new people and learn new skills." - Gregor

"In 2021 I started volunteering with the Maintenance Officer at a local Care Home and have learnt how to check that the fire doors and the emergency generator are working correctly. My hope for 2022 is to get more work experience by trying new jobs in the care home." - Callum

"I hope that this year will be a bit more normal. I missed my friends and going on holiday. This year I would like to secure a paid part-time job." - Beth

If you need help reading this newsletter or help accessing the web pages, please ask a member of your family, a friend or your Mencap Employment Officer for support.

NEW JOB FOR SHANNON

Shannon has recently secured paid work as a domestic cleaner in a school, which she began in November 2021.

The Mencap Employment Team supported Shannon with job coaching to develop her skills, to work safely and to a high standard.

Shannon's Employment Officer also supported her by creating a task list, which Shannon used as a guide to be able to work independently.

Shannon said, "I really enjoy my job in the school, it is great to be out working. I have learned a lot of new skills and I am very thankful to Mencap for helping me secure this job".

Shannon's supervisor Keith said, "Shannon is a great worker. We are delighted to have Shannon as part of the team. Shannon is a valuable member of the team."

Well done Shannon, keep up the great work!

SHOW YOURSELF SOME LOVE

It is important we take time to look after ourselves. Sometimes people call looking after yourself 'self-love'.

Our Disability Equality Officer, Joanne, talks about her top tips for self-love.

- Take care of yourself. Look after your health by getting enough sleep and doing some exercise, like going for a walk.
- Don't think that other people are better than you. This is not true, we are all different and unique and this is a good thing.
- Take time out– our lives can be very busy. It is important to take time to relax. This could be doing something you enjoy such as reading a book or listening to music.
- Think about all the things you are good at. We all have things that we are good at, you could even make a list.
- Try to eat healthy foods. It is also OK to have a treat sometimes.

Be kind to yourself and take care of yourself, Joanne

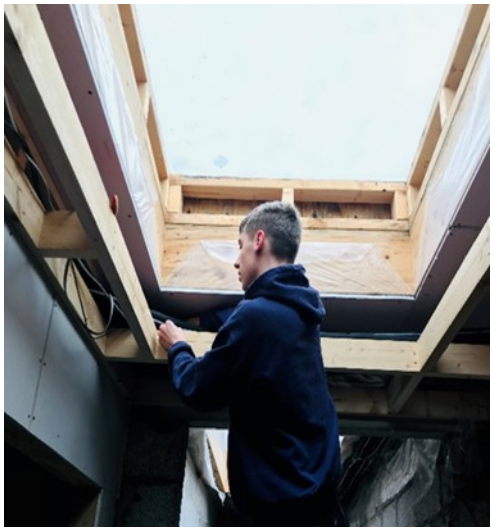
WELCOME TO OUR NEW TEAM MEMBERS

Hello, I am Lorna and I have recently joined the Derry/Londonderry team as an Employment Officer. Although I have only been in post for two months, I am really enjoying my new role! I love meeting all the trainees and I am really looking forward to getting to know everyone better in the coming weeks and months. I really want to do my best to support my trainees to reach their full potential within the employment service. Hopefully I'll be able to add to some of the success stories I have loved hearing about.

I am John, I have recently started my new role within the Newry Employment team. As an Employment Officer, I assist trainees to reach their full potential and to develop their careers. Having worked in education for the last ten years, I hope that my experience will help to support trainees to achieve their goals. My top tips for trainees returning to the work place would be to:

- Work safely- respect the space of the people around you
- Speak to people- during the pandemic people may have become lonely. Take the time each day to say "hello"

NEW PAID JOB FOR LEWIS



My name is Lewis and I have just started my first paid job with an Air Conditioning company and I am learning how to fit the cables into a building. I have to listen to the instructions from the manager and then complete the tasks.

Each cable needs to be attached to the pipes. I use cable ties to secure the cables and then I cut the end of the cable ties to make it neat. I have to stand on the step ladder safely to reach the pipes and I then check that all the cables are correct at the end.

I really enjoy working for the Air Conditioning Company and I am keen to continue to learn new skills each week.

Congratulations, Lewis!

HEALTHY HEART RECIPE

WHAT YOU WILL NEED TO MAKE THIS FRUIT DESSERT: (SERVES 2 PEOPLE)

⚠ Please be aware this recipe contains nuts (cereal could be used instead). **Please ask for help if needed.**

2 tablespoons of fruit juice

2 tablespoons of chopped nuts (or cereal)

160 grams of fat free greek yoghurt

5 fresh strawberries

5 fresh raspberries

1 handful of blueberries

1 handful of blackberries

3 teaspoons of honey

1. Wash and dry the fruit.

2. Cut the 5 strawberries in half.

⚠ **PLEASE ASK FOR HELP IF NEEDED.**

3. In a small bowl, mix all the berries and 1 teaspoon of honey.

4. Spoon the berry mixture into 2 dishes.

5. In a bowl, mix the yogurt, fruit juice and 2 teaspoons of honey, then spoon this over the berries.

6. Sprinkle with chopped nuts (or cereal).

MEET THE EMPLOYER

Hi, my name is Stephen and I am a store manager with Oxfam. Currently we have a fantastic member of our team, Gregor, who is with us through a Mencap placement.

My top tips for working well during your placement are:

- It is really helpful to let your manager know if there is a task that you are finding really difficult, we can then help you work on getting better at it or find new tasks that are better suited to you.
- Do not be afraid to share your ideas about things in store or at the company, it is always great to have a fresh perspective.
- If you make a mistake let your supervisor know. We all make mistakes and almost all of them can be fixed, plus it is really important to be honest in the workplace.

NEW YEAR - NEW YOU

Hello Folks, Happy New Year! For anyone who does not know me, I am Paul and I am a Mencap Disability Equality Officer.

The start of a new year is a great time to maybe try something new. And if like me, you enjoyed lots of treats during Christmas, you may be thinking about becoming more active. Here are a few ideas to get you started:

- Start your day with some light exercise, for example a few stretches in the morning.
- Go for a walk with a friend or family member, you could even take the dog along if you have one.

- Sometimes it is nice to go out during daylight hours, but if you prefer going outside in the evening time, make sure you wear something bright so that others can see you outside. It is important to keep yourself safe.
- Put on some music in the house and have a dance, it is great exercise.
- If you have the internet at home, you might want to go on to YouTube. They have some good exercise videos. Have fun!

⚠ Please always be mindful of your own health and go at your own pace.

HAVE YOUR SAY

Your Mencap Employment Officer will be in contact to invite you to attend an online Mencap Focus Group.

The Focus Groups will be led by Paul and Joanne, our Disability Equality Officers. It is a great opportunity for you to tell us what you think about the Mencap EmployAbility2 project and to meet with other trainees.

We would love for you to attend a Focus Group, your feedback is so important to us.

If you have any questions about this, please talk to your Mencap Employment Officer.

UPCOMING FUNDRAISING EVENT

ROCK YOUR SOCKS FOR MENCAP!

21st March 2022- World Down's Syndrome Day

Celebrate World Down's Syndrome Day on Monday 21st March 2022 by wearing odd socks at work, at college or with your family and friends!

Down's syndrome is a genetic condition that usually causes some level of learning disability. It happens when there is an extra chromosome in a person's cells.

As people with Down's syndrome have 3 strands of Chromosome 21 which just happen to look like socks, this is why we celebrate World Down's syndrome Day by wearing odd or mismatched socks!

If you would like to fundraise for Mencap or find out more information, you can look at our website at: https://northernireland.mencap.org.uk/event/rock-your-socks-mencap

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