



Welcome to Bethphage Buzz



Welcome to our Winter edition of Bethphage Buzz! Our quarterly newsletter aims to keep you updated with what is going on across Bethphage with both the people we support and our dedicated staff.

As we come to the end of the year, we would like to thank you all for your support over the past 12 months. Through your support, we were able to hold our summer party to bring together staff, people we support and Shared Lives carers following the pandemic. As we look towards next year, there is much for us to be excited about, including our 30th birthday, OakFest and more.

We wish you all a very Merry Christmas and a Happy New Year!

We hope you enjoy our newsletter, we welcome your feedback. Please email marketing@bethphage.co.uk if you would like to get involved or support us.



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What's going on? Day Opportunities



Oak Farm



Innage Lane



Our Space

We would like to thank the community for their support following the break-in to Oak Farm in November. We appreciate all your messages, donations and offers of further support and are grateful that the tools were recovered, and no animals were harmed.

We've been busy creating Christmas products for our shop including reindeer planters and recently held an open day for families and social workers to have a tour of the farm and learn more about different support options.

We're looking forward to next year and the return of our bi-annual show, "OakFest", watch this space!

[Find out more](#)

As Christmas approaches, we've been busy making a range of festive products that are on sale at the Gateway in Shrewsbury as well as at our Christmas Coffee and Crafts event held on the 30th of November!

We've also enjoyed baking in our sensory cooking group and braving the weather to go horse riding!

[Find out more](#)

We've been enjoying hosting a range of events at Our Space recently, including talks on cider-making and ale-brewing, Victorian fashion and more!

We will be holding regular events next year including: lego club, tiny tunes, and women's aid drop-ins. Keep an eye on our Facebook page and Bethphage's event's page for more information.

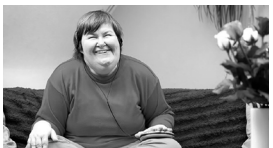
Our social enterprise group has also enjoyed making products to be sold at Ellesmere Market.

[Find out more](#)



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Flex Assist's "35 miles for Bethphage" Challenge

FlexAssist's Owner, Helen Pugh, has completed her "35 miles for Bethphage" challenge! The challenge saw Helen undertake a gym triathlon through rowing, recumbent cycling, and arm cycling across 35 miles with the aim of raising £500 by the 31st of December. She has completed her miles and fundraising goal early!

"I have faced mobility issues and various health challenges since 2019. However, I firmly believe that, regardless of our personal struggles, we can all contribute to making a difference. That's why I've decided to embark on a meaningful journey.

This endeavor was incredibly difficult due to exhaustion and chronic pain related to my various health conditions and mobility issues. I have EDS, fibromyalgia and numerous other conditions, which meant that 35 miles was a big challenge and I'm so proud to have met the mileage goal early!

Bethphage's dedication to improving the lives of the people they support resonates with me deeply. My daughter, Lucy, is a dedicated member of the Bethphage team, and her commitment to their mission has shown me the profound impact of their work. Also, my stepdaughter, Emily, benefits from organisations like Bethphage in the area she resides in. Witnessing the positive influence of charities like Bethphage has made me even more passionate about supporting their cause."

Helen Pugh

We're so pleased to have Helen's support through her business FlexAssist, which provides business support to property professionals, including property sales, lettings, management, short term holiday lets and auctions. As a charity, we rely on fundraising and donations to help us fund activities and equipment for the people we support so they can follow their interests and hobbies and lead fulfilling lives. Helen supported us earlier this year in fundraising for our summer party which was attended by our staff, people we support and shared lives carers.



"Having met Helen when she supported our dog walk earlier in the year, I am thrilled at the lengths that Helen is going to in order to support Bethphage. Social care is facing the biggest challenge in our lifetimes, and I am deeply saddened at the hardship which this government has created for disabled people up and down the country.

Helen has challenged herself to raise £500 and I am thrilled that she has decided to do this for the benefit of Bethphage. We rarely get such kind offers of fundraising, so we are super grateful for any funds that this generates.

Thank you, Helen, it is a remarkable thing you have done for Bethphage and we hope that everyone that can afford to, contributes to your goal and we hope the personal impact on you is not too arduous, you are amazing!"

Stef Kay, CEO

Donate

We'd like to thank everyone who has donated to Helen so far and send a huge thank you to Monks Estate & Letting Agents & BST&T Consultancy Services Ltd for their support and donations! We're so grateful to be getting support from local businesses and people. We're a local charity so every donation will contribute to opportunities for people in your community! You can still donate until New Years Eve!

Click here to donate

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Bethphage turns 30!



We are so excited to be celebrating our 30th birthday next year!

Bethphage was established in Shropshire 1994 by our American founder and now honorary president, Donna Werner. Donna opened our first registered care home, "Viewmount" in Whitchurch where we supported 5 people coming out of long stay hospital. Since then, we have gradually grown as an organisation and now employ around 350 staff, supporting over 200 people in a range of settings, Registered Care, Supported Living, Shared Lives and Day Opportunities across Shropshire, Telford and the West Midlands

To commemorate such a special occasion, we are planning a party for staff and people we support in summer next year.

We will be fundraising for this event over the coming months and appreciate any support you can give, please get in touch with marketing@bethphage.co.uk if you would like to support this event.



We need your help!

We're very excited to be bringing a splash of colour to the Shared Lives office through a mural. We had a number of designs submitted by the people supported by Shared Lives and will be sharing updates in the coming months on how the mural is progressing.

We are on the lookout for any comfy chairs and a small coffee table to help make the space more comfortable for when carers and people they support visit. If you or anyone you know has any furniture, they are getting rid of, please contact our Shared Lives manager Stacey Bourne: sbourne@bethphage.co.uk



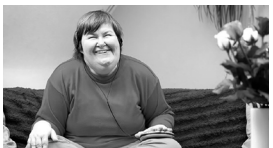
Click the link below if you would like to learn more about Shared Lives.

Find out more



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Spotlight on: Shared Lives

Shared Lives is an alternative way to provide support to those who need it. People supported by Shared Lives live in the family home of our approved "Shared Lives Carers" on a full or temporary basis.

We had a support referral for May* two years ago, she was living with a friend of the family and rarely left the house, other than to attend an educational centre one morning a week. She lacked confidence and was craving the feeling of community.



Following a meeting with our Shared Lives officer and potential carers, May quickly moved into her new home with her Shared Lives carers. She found her feet in her new community quickly with support from her carers. May went to the educational centre more often and began to volunteer at a local food waste charity. Before long, she secured a volunteer job at a charity shop and even became a keyholder.

May has continued to thrive in her Shared Lives placement and has grown in confidence, she is such an important part of her local community. She has recently secured a paid job at a local fast-food restaurant and loves meeting new people!

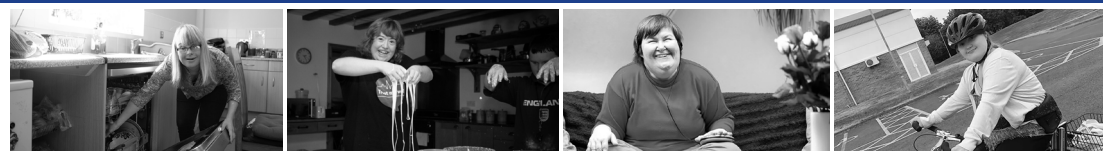
**names have been changed*



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Bethphage joins EasyFundraising



We appreciate that in the current economic situation it is difficult for many to consider donating to causes that matter to them, we hope EasyFundraising gives those who wish to support us a way to do so.

There are many retailers across EasyFundraising, including many major supermarket chains. This means you can raise donations for us when you buy anything from decorations and festive food shopping to gifts like toys, jewellery, tech, experiences and more! These donations really help us and all you have to do is use EasyFundraising when you're ordering the things you'll be buying anyway.

Bethphage are now registered with EasyFundraising, which means you can raise FREE donations for us every time you shop online.

Over 7,000 brands will donate to us when you use EasyFundraising to shop with them – at no extra cost to yourself! These donations really mount up and make a big difference to us, so we'd really appreciate it if you could take a moment to sign up and support us. It's completely free and only takes a moment.



Sign up to EasyFundraising today and select Bethphage as your cause, then when you shop online, select the store through the EasyFundraising site, they will take care of the rest!

[Click here to sign up](#)



Happy holidays from Bethphage!



If you would like to get involved or support any of the activities/projects please contact:

marketing@bethphage.co.uk

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