

Dear parents and carers,

I extend our warmest Christmas wishes to you all and hope you have a wonderful time during the break. I know students are very excited for the festivities and the variety of activities we've enjoyed have certainly got us in the Christmas Spirit. Last week we had the Christmas Fair which I know many of you attended. These events not only allow us to celebrate together, but for our students to practice many important skills in communicating with unfamiliar people, managing money and developing their entrepreneurial potential. A big thanks to our Treloar Parents' Association (TPA) who supported the organisation of that day. I do encourage you to get involved with the TPA if you wish, I know that most colleges do not have a parent group such as this, but I'm sure many of your experiences and expertise would be welcomed by the current group and no doubt many of our school families would appreciate the insights you've gained. Please email: parents@treloar.org.uk to find out more.



Next term, we are planning to launch our parent portal to enable you to have live access to your child's progress. There will be a guide of how to log in and use the system sent to you early next year. We appreciate your feedback on the efficacy of this system so we can get it right. We look forward to welcoming everyone back in the new year.

All the best

Ben Bastin, Head of College

Dates for your diary	Spring Term 2023
Tuesday 2 – Wednesday 3 January	Professional development days for all staff (2 days)
Tuesday 2 January	ALTON COLLEGE inset day
Wednesday 3 January	Start of half term ALTON COLLEGE students only Students return directly to Alton College at 9.30am
Thursday 4 January	Start of half term Residential and Day students return directly to College at 9.00am
Friday 9 February	End of half term (including ALTON COLLEGE) College closes 3.30pm. Houses close 3.30pm
Monday 12 – Friday 16 February	Half term holiday for staff and students (including ALTON COLLEGE)



Updates from Sally Nissen, Head of Nursing and Healthcare

Covid testing

Thank you for your support in managing infectious illnesses. We are able to offer Covid testing to students who are eligible for Covid treatment, if symptomatic. Please contact us if this is the case for your young person: email Medicalsecretary@treloar.org.uk



Medicine changes over the holidays

Reminder: For all new medicines or prescription changes, we need written confirmation from the prescriber before we can make any changes ourselves to the medicines administration record (eMAR). Written confirmation can include: the right hand side of the repeat prescription, a clinic letter, or a recent GP medical printout. Send to: Medicalsecretary@treloar.org.uk before the start of term. Where possible, please send medicine in unopened packaging, with a legible prescription label, within date and with a note to show when it was opened (if liquid or cream).

Day students and those not registered with the contracted (onsite) GP

Reminder: Please ask your GP for sufficient medicine stock to be kept at Treloar's, as well as at home, so you do not need to send it every day. This will save you efforts and help reduce the hours each week our nurses spend checking in daily medicines. If you need a letter supporting this request please let us know. Once again, please email: medicalsecretary@treloar.org.uk

Student absence for planned surgery, hospital admission or sickness (over 7 days)

Reminder: Please contact your students' progress and transition co-ordinator (PTC) to arrange a reassessment following illness or hospital admission. It is helpful to have as much notice and detail, so we can plan and arrange this as soon as possible. Depending on the circumstances, this may be an onsite reassessment involving members of the multi-disciplinary team (parents/carers are asked to remain onsite) or it may be a phone call.

New medical equipment: If your young person is prescribed a new medical device, or you are anticipating a change (such as a CPAP machine following a sleep study), please highlight this to your PTC as soon as possible. We can then assess the situation, start training staff and writing care plans. If we are not given sufficient notice, we may not be ready to receive the student onsite.

Clinic nurse Our new nurse, James, is new to Treloar's and the clinic nurse role. He is responsible for supporting students in the contracted GP clinic onsite, when they are seen by Farnham Dene GPs, and communicating the changes made by the GP, particularly around medicines.

Festive greetings from all of us in the Health Centre Team.

Updates from Ben Baxter, Head Safeguarding



[Hampshire Safeguarding Children Partnership \(HSCP\)](#) is a statutory body that leads on keeping children safe and ensuring their well-being in the local authority (LA) area of Hampshire. The Partnership includes local agencies who work together to make sure that child protection services in Hampshire are effective and keep our children safe.

Their website offers a mine of useful information. The parents and carers section offers advice on supporting your adolescent, strengthening your parental and carer relationships and [further links to organisations who support children, young people, their parents and carers.](#)



E-safety for parents and students

As the School holidays approach, now is a good time to remind you about the **e-safety guidance** available on the [Treloar's website](#). We've recently updated the page.

You'll find advice and guidance on cyber bullying, guides to apps, how to set up parental controls, and social media checklists. It's all available in the Information for Parents and Students section of the website or [follow this link](#).

We hope this will help you to understand the dangers, know where to look for advice and give you the confidence to make more informed decisions to safeguard your family.

Hampshire Parent, Carer and Professional Events offer free health and wellbeing events to help families better understand the needs and difficulties young people face, and how to manage potential issues and concerns about their young person.

Full details are available on [their website](#) and a list of workshops is available to download on [the Treloar's website](#).



Treloar's Parents' Association Update

It was lovely to see many parents and carers at the Christmas Fair last week. Our pre-loved uniform stall was a great success with many bargains to be had!

We were amazed by the generosity of the Treloar's community in contributing to prizes for our Christmas Raffle. Huge thanks to everyone who donated prizes and thanks to all who bought tickets. Congratulations to all the winners!

All monies raised by the TPA is spent on the young people at Treloar's and at Christmas every student has money allocated to them to spend on a gift or a treat. We hope that all pupils have enjoyed whatever festive goodies they chose.

It's always a pleasure to meet parents and carers at our monthly coffee drop ins. The next drop in is Monday 8 January. Come and join us for a cuppa and a chat - there is always a great exchange of knowledge and advice.

All that remains is to wish all Treloar's parents, carers, pupils and staff a very happy and healthy festive break!

Best wishes from the TPA xxx



Treloar College student presents at Action Duchenne Conference

Earlier this month, Treloar's College student Thomas attended the Action Duchenne Annual Conference, alongside Head of Admissions, Emma Simmonds and Progress and Transition Manager, Maria Sherwood.

Thomas co-presented to the Conference and spoke about his journey to becoming a student at Treloar's College.

The Action Duchenne conference brings together families, patient experts, clinicians, healthcare professionals, industry and equipment providers. The theme was 'educating, supporting and empowering' a theme that very much mirrors the Treloar's mission.

Thomas spoke to many of the conference delegates around the challenges he faced, getting the right educational placement and how he overcame the barriers. Thomas did a fantastic job and answered questions confidently. He also had the opportunity to meet Harry Hill, Patron of Action Duchenne.



Statement on the Infected Blood Inquiry – 5 December 2023

We welcome MPs decision to support Amendment 27 to the Victims and Prisoners Bill in the House of Commons on 4 December. The amendment requires the Secretary of State to establish a body to administer a compensation scheme for the victims of the infected blood scandal within 3 months of the Bill being passed.

The Bill is still subject to further rounds of approval, but this is a vital step in the right direction for many of our former pupils who were infected with hepatitis and/or HIV from products supplied within the NHS treatment programme.

We await the publication of the Infected Blood Inquiry in March 2024, which we hope will provide our former pupils with the answers they have been waiting for.

The Infected Blood Inquiry is an independent inquiry, established to investigate the widespread administration of infected blood products provided by the NHS to around 4,500 people across the UK in the 1970s and 1980s. Many people contracted HIV and hepatitis as a result and many tragically died, including a number of Treloar's former students.

The Lived Experiences of Siblings of Children and Young People with Complex Medical Needs



Do you have a child aged 10-19 who attends a mainstream school, with a brother or sister with complex medical needs? If so, I'd love to hear from you.

I would like to talk to students who have a sibling with complex medical needs. I am interested in how family and school life is for them and what might help them in their school experience.



If you are interested in signing up your child to take part, or for more information, please contact me at:
u1821236@uel.ac.uk

FAQs

Who am I? My name is Deborah Woolfson, and I am a trainee educational psychologist at the University of East London. I have previously volunteered with The Maypole Project, a charity which provides activities and support to children with complex medical needs and their families.



What am I interested in? I want to hear about the experiences of siblings of children with complex medical needs. I am interested in which aspects of school they find supportive, and which they do not, and what they would change about their school, if anything. I hope to share my findings so that schools and educational psychologists can provide better support to siblings of children and young people with complex medical needs.

What will it involve? I will interview your child about their experiences at a convenient time and place (in person or online). The interview will last between one to two hours.

What will happen to my child's answers? All information will be anonymised and it will not be possible to identify anyone in my final report. All responses will be stored securely and deleted once my research is complete.

This is something that you may be interested in taking part in, please contact the individual carrying out the research, as they do so independently of Treloar's.

School Elections

Treloar's students are encouraged to voice their opinions and take an active part in school life, whether it's through forums like Student Voice Conferences



or the School Council or Hustings. Both aim to increase students' independence and promote student voice, providing them with opportunities to express their opinions and influence decisions around activities experienced in the classrooms and beyond.

School Hustings occur every year during the first part of the autumn term. Ryan, newly elected Head Student, said:

"I'm very excited and feel proud, brave and clever. The messages from my campaign poster were: 'I'm happy to work with senior leaders like Lisa Bond (Head of Treloar School) and Fliss Hardie (Assistant Head of School); I'm a good listener and communicator, I also want more outdoor learning."

"I stood for election because I want to help everyone, I will listen to people's ideas, and I want to be outside more and do more sports. Being a student representative means I can help people and allow them and myself to feel more confident."

Local MP, Damian Hinds opens new fully accessible accommodation in Alton



East Hampshire MP, Rt Hon Damian Hinds, recently opened four new fully accessible flats at the Rivermead Gardens housing development in Alton which have been specially designed with complex disability in mind.

The flats, funded by Treloar's, will provide physically disabled young adults with affordable, fully accessible accommodation which is so desperately lacking in the local community. Treloar's purchased the flats using a Section 106 agreement as part of the affordable housing quota for the larger Rivermead Gardens development. This followed significant work undertaken by Treloar's with East Hampshire District Council and the property developers to influence development and planning and open up more opportunities for accessible affordable homes in the future.

Let Me In – Treloar College student-led business initiative

Last month students from Treloar College Employability and Vocational Pathway welcomed guests Dave Baker from Microsoft and Susie Jeffcott from Westfield Arts College, Weymouth. They presented their business venture, 'Let Me In', showcasing their progress in developing a website and building their social media presence. Their business 'Let Me In'



offers accessibility audits to local business premises to help them improve access and improve employment opportunities for disabled people. Susie is keen to learn about the project and take it forward at Westfield College.

We're delighted to see other colleges taking this business idea forward and influencing their own local communities. We know that our students are passionate about increasing the visibility of disabled people in the workplace, and keen to contribute to their community and improve accessible employment opportunities. The students also took part in the online NATSPEC students parliament, a wonderful opportunity to promote their business and encourage other colleges to get involved.

We're very proud of our students, their entrepreneurial skills and their devotion to furthering their mission of creating inclusive and accessible communities. The 'Let Me In' initiative was born from an idea in digital skills for business classes and has grown into a fully formed business. To date the students have completed accessibility audits in the Alton Sainsburys supermarket, The Ivy House in Alton, a local church, Mansion House in the City of London, and Microsoft HQ in Reading.

This term they presented their business pitch to senior leaders from Asmodee Games in Bordon. We're hoping this new partnership will create opportunities for more students to do work experience and supported internships in the future. Many of our students enjoy gaming and are excited about the potential to be involved with new games, product development and user testing of prototype games.

It's not all about gaming, the 'Let me in' students mean business, future accessibility audits are planned for Frimley Park Hospital, Adobe and Southampton Airport. If you know a business who are keen to become more accessible, get in touch with:

letmein_uk@outlook.com or visit <https://letmeinuk.org>



Charity number 1092857

'Going on a bear hunt' in PE for Children in Need

Friday PE lessons were all themed around Michael Rosen's book, *'We're going on a bear hunt'*.

Each part of the well-known story became a PE activity, including pushing through 'long wavy grass,' 'Splash Splosh'



hockey in the 'deep cold river', beanbags to throw into the 'thick oozy mud', weaving through 'a big dark forest', playing boccia in a 'swirling whirling snowstorm' and hiding in a 'narrow gloomy cave'. There were bear hugs aplenty all along the way to finally end up hiding under the quilt, home safe in bed.

Treloar's PE teachers, Kim Smith and Freya Chart, ensured that everyone could join in with as many activities as possible so that PE could be a wonderful sensory experience for all our students.

The PE curriculum at Treloar's offers every student a wonderful sensory experience that is rewarding and fun while promoting good physical, mental and social well-being. PE aims to enable and inspire students to be as physically active and independent as possible while enjoying a number of sporting activities.

Make a noise about bullying!

To mark Anti-bullying week, Treloar School students were asked to think about what would their 'super power' be to combat bullying.

During the School assembly, Ben Baxter Head of Safeguarding at Treloar's shared lots of ideas for how our students can make a noise about bullying and read out lots of super power suggestions. Hannah said she would use a magic wand to put a spell on bullies. Ryan said he would use the power of kindness to calm the bully. Alex would use the power of speed to whisk the bully away. Gracie would 'roar like a lion' to scare the bully away. Chloe's superpower was to have the confidence to speak out and tell an adult. Deputy Head Fliss Hardie reminded everyone that we all have the power to speak out against bullies. Assembly finished with the song *'You've got a friend in me'* from Toy Story.



**Staff profile: Claire McManus,
Lead Medicine Management Technician**

At Treloar's, we have a team of over 850 staff and volunteers – trained by industry experts and passionate about the needs of our students. They are committed to the best standards of care and work each day to ensure our students thrive.

We learn from each other and have a wealth of experience on the campus, but one of our strategic objectives is to contribute on a wider scale. That's why, back in September, Treloar's Lead Medicine Management Technician, Claire McManus, was invited to speak at APTUK 2023 – the Association of Pharmacy Technicians Annual Professional Conference and Exhibition in Bristol – about medicines management at Treloar's.

At Treloar's, we administer nearly 300,000 doses of prescribed items each year and take medicine management very seriously. We have invested in expanding Treloar's medicines team which now consists of two registered pharmacy technicians and two trainees.

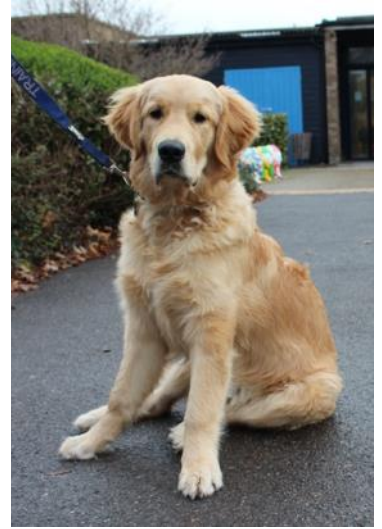


Claire is a registered Pharmacy Technician who started her pharmacy career in 2017 at an NHS hospital as a Pre-registration Pharmacy Technician. After registering with The General Pharmaceutical Council (GPhC) in 2019, she went on to work in a pharmacy repackaging unit for a year for the same trust before starting her role in 2020 as a Medicines Management Pharmacy Technician at Treloar's.

Claire has a nursing background, and has found that her familiarity with the care sector has helped maximise her impact. She promptly implemented changes to medicines storage, stock checks, audits and standardised wording for transcribing onto electronic systems from which care staff administer medicines to around 170 young people. Claire has built NHS networks and the team are moving to supporting Pre registration Pharmacy Technician trainee placements. In her free time, Claire is currently furthering her knowledge by studying for level 4 in Pharmacy Clinical Services.

Staff profile: Introducing Stanley the new member of Treloar's Counselling Team

Stanley has quickly become part of Treloar's, recognised in the corridors, making everyone smile. Stanley will be the first therapy dog to be trained at Treloar's. Judith Horwell, Specialist Counsellor at Treloar's but also Stanley's owner and trainer, told us how Stanley's training and his journey to become a therapy dog is going.



What is a therapy dog? A therapy dog is a dog trained to support the well-being of multiple people to provide a temporary support system to people, contributing to creating a warmer and safe environment to help lead people to recovery. A therapy dog seeks to connect with people in a non-judgemental way with unequivocal acceptance.

What will the tasks of a therapy dog be here at Treloar's? Stanley's tasks will primarily be to work alongside the counsellor to offer canine assisted therapy for students who will benefit from Stanley's therapeutic input. Additionally, Stanley may offer planned visits to classes or individuals across the site to support with confidence building, social interaction and strengthening self-esteem of students.

What are the benefits of having a therapy dog on site? Having a therapy dog on site can offer a supportive, entertaining and stimulating presence for all. Canine therapy can develop an outward focus (which means that students and staff could be paying attention to what's happening in the external environment instead of internal feelings and stresses) thus reducing felt anxiety, lifting spirits of both students and staff. Therapy dogs can increase nurturing skills and empathy and build confidence and self-esteem. They can be calming and soothing and can help foster kindness. Canine therapy provides opportunities for social interaction and connection thus decreasing feelings of isolation and loneliness. Helping to support psychophysiological health with emotional regulation through mental and/or bodily recognition, which soothes and decreases blood pressure.

What are the criteria for a dog to become a therapy dog? Certain breeds can be really well suited to therapy dog training but most breeds have the potential so it is really about temperament of the dog. A therapy dog needs to have the right temperament and should be affectionate, friendly and sociable. The dog must be comfortable with noisy environments and lots of touch and contact.

To learn more about what kind of training is required, how Stanley is getting on and when he'll be qualified, [read more online](#)

Life beyond Treloar's: Transition stories

Emily, Luke and Harriet, last years' Supported Interns returned to Treloar's to talk to our current College students who are in their transitional year preparing for their next steps. They each gave a brief update on what they've been doing since leaving Treloar's, before taking questions from the audience.

Luke described what he did in his Supported Internship year. Pursuing his interests in fitness and personal training,

Luke worked in Farnham leisure centre and helped out with PE lessons at Perrins School. He described how he was 'able to grow as a person and develop his skills' Luke is hoping to move into his own apartment after Christmas, close to his home in Putney. He goes to the gym 4-5 times a week and hopes to find work in a gym once he's settled into his new apartment. He thanked everyone at Treloar's for helping him to develop as an independent person.

Emilie worked at Pets at Home in Farnham and Alton, replenishing stock and caring for the small animals. She also worked in Anstey Junior School as a classroom assistant. She has moved into one of the independent living flats at Campbell Court. In spite of being very close to Treloar's campus, it's been a big change for Emilie after the structure of the College curriculum, to move into her own flat, and get used to living on your own and managing your time. She has joined a choir and goes to the gym. All the interns mentioned the challenges of moving on from Treloar's, keeping busy and looking after yourself.

Harriet said, 'leaving Treloar's was the hardest thing she ever did', but she's now settled in Bognor Regis. During her internship year Harriet taught Art classes at Andrew Endowed Primary School and Holly water School in Bordon. She is hoping to find a volunteering position in a local school.

Treloar College students asked questions about how to prepare for leaving College, how to look after your well-being, and how to organise your care. Luke's best advice was to pace yourself, reach out to your family and friends, plan each step at a time and not to rush yourself or put additional pressure on yourself. He also recommended having your own interests, hobbies and distractions to keep busy, which is good advice for anyone.



Learning about Rhinos at Cotswold Wildlife Park

In November, a group of Treloar School students had the pleasure of virtually meeting a rhino keeper from Cotswold Wildlife Park and Gardens.

During the Zoom call with the keeper, the students learnt about the role of a rhino zoo keeper. They also prepared some questions beforehand, based on a video prepared especially for them by one of the zoo keepers. The video gave the students some insights into the size of the animal, what rhinos eat, what they feel like, and what the rhinos do during the day. Students were particularly fascinated by the amount of poo a rhino produces!

The Zoom call brought the students' conservation project to a close. Earlier in the term, students created their own poem about a rhino.

We would like to thank Cotswold Wildlife Park for the time they have given to produce video tutorials to expand our students' understanding.



College students climb high

Treloar College students, as part of their Community Skills Programme, went to Top Rock - a new clip-and-climb indoor adventure available at Alton Sports Centre. This experience was not only a real demonstration of determination and perseverance, but it also allowed the students to explore facilities available in the local community.

Isobel, Treloar College student, said: *"It was really fun and was a good challenge for me physically and mentally."*

Hannah, Treloar College student, added: *"Climbing was really good, and I would love to go again; I really recommend this activity!"*



Primary Nativity Play



Pop-up Carols with Alton Churches



Christmas tree fun at the pool party



The Swim Team welcomed students from Angmering School for a Christmas pool party.

**Primary students visit Father
Christmas in the Forest School**



Highlights from the Christmas Fair

On Friday 8 December, Treloar's parents, carers and the local community gathered for the annual Christmas Fair.

Festive games and tunes kickstarted the Christmas spirit, which encouraged everyone to browse through the stalls with Christmas items hand-made by students and Treloar's staff.

Treloar's students, staff and visitors were treated to a number of sessions with the Royal Marine Association Concert Band ensemble. The Band came to play Christmas favourites with School and College students. Everyone had a truly wonderful time joining in with seasonal favourites such as *'Last Christmas'* and *'Merry Christmas Everybody'*. We are pretty certain that no one will forget the singer, Ricky, who managed to reach such vocal heights in *'All I want for Christmas is You'*!

The Royal Marine Association Concert Band has been coming into Treloar's for over 10 years and never fails to extend their warmth and musicality to all who enjoy listening to them.

Delicious, festive treats were served by one of Treloar's corporate supporters, Aramark who provided an amazing array of brownies, flapjacks and cupcakes.

Thanks to the generosity of all the participants, Treloar's raised £2500 which will go towards supporting the young people at Treloar's.



Treloar's Charity Fire Walk 2024

Saturday 9 March, 2024

Can you beat the heat? A true test of mind over matter for thrill seekers, adrenaline junkies and anyone that wants to push the boundaries and increase their self-belief.

To Register and reserve your place, please complete the [registration form online](#).

The Treloar's Gala Dinner

Mansion House, London

Tuesday 30 April 2024

Friends of Treloar's Plant Sale

Treloar's, Saturday 11 May 2024

Treloar's Charity Golf Day

Old Thorns Golf Course

Wednesday 5 June 2024

Afternoon Tea with the Lady Mayoress

Mansion House, London

Wednesday 26 June 2024

Summer SkyDive

Go Skydive, Salisbury

Saturday 20 July

Tickets and more info: www.treloar.org.uk

Shop at Tesco to support Treloar's

Treloar's is bidding for a cash boost from the Tesco Stronger Starts scheme which provides grants of up to £1500 to local community projects.

Three groups in every community have been shortlisted to receive grant awards and Tesco customers can vote for Treloar's in our local Tesco stores in Bordon, Four Marks and Anstey Lane, Alton.

Voting is open in stores from early January until the end of March. Customers can cast their vote using a blue token given to them at the check-out each time they shop.

The project with the highest number of votes will receive £1500, the second placed project £1000, and the third placed project £500.

The money will go towards funding bath bagel floats which provide floatation without irritation to skin, enabling students with lower skin integrity to engage with float aids and explore greater independent movement in the pool.

Please support Treloar's next time you shop at Tesco in Bordon, Four Marks and Alton.

Do you have links with a company who might consider supporting Treloar's?

Companies can support Treloar's in so many different ways. It could be anything from sponsoring an event, organising staff fundraising, making a donation, volunteering days at our campus, gifts in kind through to making Treloar's their Charity Of The Year.

Company support is often heavily reliant on staff recommendations and nominations. If you think you might be able to help please get in touch with our Corporate Fundraiser, Andrew Brown on corporate@treloar.org.uk or 01420 547461