

# NEWSLETTER

## Enablement Retreat Opens to Guests



Set in beautiful Anderby Creek on the Lincolnshire Coast, our holiday home makes for the perfect getaway.

From relaxing walks, fun on the beach or a visit to nearby lively Skegness, there's something for everyone.

If you would like to find out more, the Enablement Retreat brochure can be downloaded from the website here: [communityenablementteam.co.uk/enablement-retreat](http://communityenablementteam.co.uk/enablement-retreat)

If you would like to book Enablement Retreat, please email [accounts@challengect.co.uk](mailto:accounts@challengect.co.uk)



# Case Study – Enablement Retreat

**If you are in need of some rest and relaxation, Enablement Retreat is the place to be! Tucked away, just five minutes' walk from the beach, one of our service users, James, and his family recently spent a very enjoyable four days at our holiday home in Anderby Creek on the Lincolnshire coast.**

*'There are lots of activities nearby and a ton of places to visit. I think my favourite was the donkey sanctuary in Alford. The donkeys were so friendly and they all enjoyed the carrots we were able to hand-feed them!'* - James

From the minute James and his family arrived on the Friday afternoon to the time they left on the Monday morning, they found themselves busy enjoying all that Anderby Creek and the surrounding area has to offer. The weather was for most of the time warm and breezy but even a little rain on the Monday didn't put them off exploring the area.

## **How's this for their packed itinerary!**

### **Friday**

Leisurely stroll along the beach, admiring the stunning coastline and checking out the cloud spotting platform

Fish and chips from the mobile fish and chip van (stops outside Popas Restaurant every Friday and Saturday between 6.30pm and 6.50pm)





## **Saturday**

Radcliffe Donkey Sanctuary, Alford  
Woodthorpe Garden Centre, Alford  
Lincs Aquatics, Alford (housed in a huge aircraft hanger!)

## **Sunday**

North Sea Observatory, Chapel St Leonards  
(fascinating talk with the staff in the observation office)  
Relaxing walk around Chapel St Leonards, including more beach walking and some amusement arcades

## **Monday**

Natureland Seal Sanctuary (this is more than just seals – there were also lots of other animals, including meerkats, guinea pigs, goats, reptiles, an amazing tropical butterfly house and a turkey!)



James and his family are keen to return to explore many other activities on offer both on the doorstep and a little further afield in Ingoldmells and Mablethorpe.



## Ice Cream Van Visit to Enablement Care



## Community Fun - from Archery to Disco's!





## Enablement Ark News



### Top Tips to Care for a Modern Guinea Pig!

#### Five tips of how to look after guinea pigs in summer:

1. Place the guinea pigs in the outdoor run with plenty of grass. Put the sheet on top of the run to provide shade.
2. Make homemade toys for guinea pigs including cardboard boxes, wood, etc.
3. Put the frozen bottles inside the enclosure or run to keep the guinea pigs cool. Do not put ice cubes in drinking bottles or bowls and do not feed them frozen fruit or veg.
4. Forage wild plants that are safe for guinea pigs.
5. Grow some tasty fruit or veg yourself for your guinea pigs.

### Ark Senior Council

Hi! We are the Ark Senior Council. We are a selection of service users and staff who meet every month to discuss what we would like to change or improve around how the Ark runs and supports us. We would love to show you what we have been up to and what is going on at Enablement Ark.

### Freedom for the Chickens after the Lifting of Avian Influenza Restrictions!



## Jubilee Celebrations...



### Follow Us on Facebook

Keep up with everything we are up to on Enablement Ark's Facebook page. If you are interested in a visit or coming down to help us out then please get in touch with Becca on [Becca.Oseman@challengect.co.uk](mailto:Becca.Oseman@challengect.co.uk).



We are a care farm based in Old Whittington, N Chesterfield and we are linked to our wider community-based service that offers bespoke packages to individuals with complex needs who don't fit into the standard packages of support.

If you are interested in this service, please email [becca.oseman@challengect.co.uk](mailto:becca.oseman@challengect.co.uk).

# Jubilee Celebrations at Enablement Care



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