



# A Guide to our Life



## **Sturts Community Trust**

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# What is in this guide?

1. Welcome to our Community
2. What We Do
3. Our Values
4. People
5. Supporting Each Other
6. Our Rights
7. How to Complain

**This guide is designed to be Easy to Read. People who cannot read will need lots of support to go through the information.**

# Welcome to our Community



**We are a Camphill Co-Housing community.**

**We believe that everybody has something important to give.**

Some of the people in our community need support with everyday things. This is because they have learning disabilities. Here are some things that are very important to us:

- **Independence**
- **Choice**
- **Community**
- **Work**
- **Learning**
- **Environment**
- **Friends and family**



# What We Do

Life at Sturts Community is often busy

There are lots of enjoyable and useful things to do



## **Biodynamic Farm & Garden**

We grow lots of our own fruits and vegetables.

We get milk, cheese and meat from our animals.



## **Work and Learning**

Some of us have jobs or go to college.



## **Independent Living**

We do activities that help us to practice being more independent:

**Cooking, Shopping, Cleaning,**

**Money – learning about budgeting,**

**Health and hygiene**





## Leisure time

In the evenings and at weekends we relax and have fun!

- Music
- Plays
- Film Club
- Concerts
- Swimming
- Outings



## Culture & Festivals

We celebrate the Christian Festivals. These days are a very important part of our year. We also like to celebrate important times with plays and concerts

**Christmas, Easter, St John's day  
(midsummer), Ascension Day,  
Whitsun, and Michaelmas Day to name  
a few...**



# Our Values

We are a Camphill Co-Housing Community. Our shared Values are:

**Care**



**Compassion**



**Co-operation**



**Consideration**



**Courtesy**



**Conscientious**



**Citizenship**



**Celebration**



**Commitment**



# People

## Family and friends

Family and friends are an important part of our lives.

We visit our family and friends. They are also very welcome to visit us at home.

We have a Family and Friends Forum



## Home Support Teams

The Home Support Team assists us with everyday life. There are co-workers, support co-ordinators and apprentices or trainees.



Before they work with us, we make sure they have not done anything illegal in the past. This is called a DBS check.

There is lots of training to make sure that they know how to support us in the right way.

## Managers and Trustees

Managers make sure that the whole community is working well. They support the teams in lots of ways so that they can do a good job.



# Supporting Each Other

These things help to support us well:

**Needs and Risk Assessments:** To look at the support you need and make sure you are safe.

**Annual Review meetings:** To look at how life is going, we talk about:

- What is going well
- What could be better
- Anything that needs changing
- Plans for the future



**Support Plans** These plans look at the support we need with things like health, work and independence.

**We are always involved in decisions about our lives.**

Friends, family and other people who know us well are welcome to help with assessments, plans and meetings. We decide who we want to invite.



# Our Rights



## **Choice and Independence**

We make choices about our own lives.  
We are supported to be as independent as possible.

## **Dignity and Respect**

Everyone who supports us will treat us with care, politeness and respect.

## **Confidentiality**

Everything about our lives is private. People can only talk about us if we say they can.

## **Advocacy**

Staff will help us to get an independent advocate if we need one.

## **Privacy**

We keep all the paperwork about us in our own homes, unless we prefer not to.



# How to Complain

If you are not happy about something at Sturts Farm, this is what you can do:

**1:** **Talk to those who support you:**

Then if you are still not happy:

**2:** **Talk or write to the Registered Manager:**



**Colum Pooler  
Aquila Office  
Sturts Community Trust**

**3:** **You can also contact:**

**The Care Quality Commission**  
CQC National Correspondence  
Citygate, Gallowgate  
Newcastle upon Tyne  
NE1 4PA  
**Phone:** 03000 616161

**Remember:** If you complain about something, staff at Sturts Farm will **not** treat you any differently. The care and support you get will stay the same.