

Feel Good!



rowan



Winter 2021





Hello and welcome to Feel Good!

As we relaunch our newsletter, it is against the backdrop of a period of transition at Rowan, as we emerge from a uniquely challenging 18 months and look towards an exciting phase in our journey.

I joined Rowan in September. My career to date has been within many different areas of the health and social care sector, but the common thread has been empowering people to make a positive change to improve their health and wellbeing. This is a personal interest that I have taken through my academic studies and continue to explore in my current doctorate education.

With this in mind, I'll be working with everyone at this wonderful charity to map out our future. We'll be refreshing the Strategy, continuing to give our student artists a voice, developing the team and celebrating our successes.

Above all, we'll be staying focused on our aim of enhancing the quality of the service we provide and challenging society's expectations of what adults with learning disabilities can achieve.

I can't wait to see what we can accomplish together in this next chapter of Rowan's story.

Happy reading,

Rachael Scott

Chief Executive Officer

Our stories

In October we celebrated Down Syndrome Awareness Month and took the opportunity to catch up with Alison, whose daughter Zoe attends Rowan.

Can you tell us about Zoe's diagnosis?

I didn't know about Zoe's diagnosis until she was born, but I knew a lot about Down syndrome already, as I grew up with a cousin who also had Down syndrome. Zoe is my third child, so I knew she was different, but it was lovely and very positive.

How does Zoe's diagnosis affect her life?

Zoe has a dual diagnosis of Down syndrome and autism, so she is not typical - she is Zoe, she is very much her own person!

Zoe is vulnerable and can't go out on her own at all as she doesn't have a sufficient understanding of danger. But she is surrounded by lots of family members - her younger sister is especially tuned into her because she's never known life without Zoe.

Her speech and social skills were very late to develop. It took a long time to get her autism diagnosis, but it was so helpful when we did. Her language continues to develop but it's different. Funnily enough she's blossomed during lockdown because the one-to-one support suited her!



Zoe pictured with her sister Eleanor

What advice would you give to other people who have a loved one with Down syndrome?

There's a lot of help and resources out there. I've never had any sort of negative feelings except for the worry about Zoe's communication, but her autism diagnosis has made that a lot easier.

Try to give them as many rich experiences as possible, as you would with any child; play, interact, talk to your child, sing, look at picture books, spend time with other children.

What would you like people to know about Zoe?

Zoe loves music, singing, playing musical instruments, drama, being with her family, and going on walks with her dog, Archie. She likes going out for meals and to the cinema. Zoe is a very happy young lady, who enjoys the company of other people even if she finds communication quite hard at times.

What impact has Rowan had, on both Zoe and her family?

Zoe loves going to Rowan! She loves working alongside other people and she's always very excited to go. She's very musical – she has a great sense of rhythm, and she loves drama, painting and ceramics. All of these activities bring out the best in her. She loves the staff and atmosphere at Rowan, she's very happy there.

I think Rowan is a very positive environment for her to be in. They really understand what's important for her

to develop her skills. We're very happy with all that she's offered there and get very helpful feedback from the team. Zoe doesn't always tell us what she's been doing, so the feedback from the staff is so helpful. We know Rowan is somewhere she's very happy to go and that she's having a positive social experience being part of the community. It's so reassuring knowing she's safe, secure and guided.



theBigGive

CHRISTMAS CHALLENGE

30 NOV—7 DEC 2021

One donation, twice the impact

Rowan is thrilled to be involved with the UK's biggest matched funding campaign, the Big Give Christmas Challenge – a campaign where donations to participating charities are doubled!

We have an ambitious target of £7,500 and to reach this we need your help! We have already secured £3,750 from pledges and funding from a 'Big Give Champion'. This collective pot will be used to double any donations that are made to Rowan when the campaign goes live between 30 November and 7 December.

To make a donation, please visit www.thebiggive.org.uk and search for Rowan. Any donation you are able to give will be greatly received and will all go towards supporting our student artists and workshops.

Dates for your diary



**Rowan
Christmas Fair
Wednesday 1 December,
5pm-8pm**

A wonderful evening of live music, mulled wine, a raffle and, of course, the Rowan pop-up shop with lots of beautiful artworks for sale.

**Cambridge half marathon
Sunday 6 March 2022**

After the success of our first Cambridge half marathon in 2021, Rowan is delighted to have 5 charity places available for the TTP Cambridge Half Marathon! We ask all our runners to raise a minimum of £395 in aid of Rowan by asking your family, friends and colleagues to sponsor you.

**Great Outdoors art
exhibition
Saturday 26 & Sunday 27
February 2022**

It's time to explore the Great Outdoors! Visit www.rowanhumberstone.co.uk to purchase your canvas and get creative! Please send your canvas back to us by Friday 11 February to ensure it is included in the exhibition.

**Skydive for Rowan
30 April 2022**

Are you daring enough to skydive for Rowan? Join us for a 10,000ft tandem skydive and raise money for our student artists. We ask all our skydivers to raise a minimum of £450 by asking family, friends and colleagues to sponsor you.

For more information about how to get involved, contact fundraising@rowanhumberstone.co.uk or call 01223 566027

Our studios

Each edition, we will be shining a light on one of our studio workshops. This time, it's forest school!



Rowan Rangers is our forest school, which began last year after we received funding from the Evelyn Trust and the Nineveh Trust to run a programme in response to the Covid-19 pandemic. The aim was to encourage more social and educational opportunities outdoors, and to help improve health and wellbeing.

The programme runs weekly, with activities including storytelling, lighting fires, den building, green woodworking, wildlife spotting and creating artworks inspired by the woodland surroundings. Sessions

are driven by the Rowan Rangers who are encouraged to make their own decisions and take risks to build confidence within a safe and inclusive environment.

“The main aims of Rowan Rangers’ forest school are the creative and holistic development of our student artists to build a deeper connection with nature and the woodland each time they visit,” said Forest school leader Russell Cuthbert. “Many of our students arrive feeling fearful and anxious about stepping into nature. It’s a joy to watch them lose that fear through the programme, make friends and really become part of our woodland community.”



It wouldn't be possible to continue supporting our wonderful student artists without the generosity and kindness of our local companies, Trusts, community groups and individuals. So a heartfelt thank you to...

Saffron Walden Round Table who raised £501 by taking part in our Walk For Rowan; **Martin & Co** Estate Agents who sponsored our Walk For Rowan; **Openworks Foundation** for an amazing £10,000 donation; **CMR Surgical** who commissioned Rowan

to design and create a mural to mark their partnership with the Paralympics; **Pure Arts Group** for selecting Rowan as their chosen charity for the Arts360 Autumn Edition; Cambridge Half Marathon runners **Dom Williams, Abi Moore, Andrew Stevenson, David Brand, Claire Young** and **Dale Griffiths** who all supported us; Waitrose, Trumpington for supplying us with refreshments for all our events throughout 2021; and **'Friends of Rowan'**, our wonderful supporters who make a regular monthly donation to support our work.



Four of our fantastic runners: Abi, Dom, Claire and Dale.



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Creating art, Improving lives



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01223 566027

info@rowanhumberstone.co.uk

www.rowanhumberstone.co.uk

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