

WINTER 2025

BREWING CONFIDENCE

**Paradise volunteers
shine in the café
and beyond..**

Community partnership
lights up Brimscombe Mill

Inside this year's
glittering winter ball!



Welcome

From volunteering in a café, day centre, charity shop and on a local farm, to creating artwork for a Gloucestershire sculpture trail, it's been a pleasure to see people living at Paradise House making such a meaningful contribution to the wider community over recent months. Their commitment, creativity and enthusiasm continues to shine through everything they do.

Volunteering opportunities have ranged from supporting clients at Horsfall House Day Centre and helping at the Sue Ryder charity shop, to gaining hospitality experience at the Trust's Lunchbox Café and taking part in the varied activities on offer at Scrubditch Care Farm. Each of these roles has helped people build confidence, strengthen independence and develop new skills, while also demonstrating the positive impact that active community participation can have for everyone involved. You can read more about this on page 5.

'Our Winter Ball added a touch of magic to the season...'

I'm also delighted to share that people living here have achieved Royal Yachting Association "Sailability" awards and taken part in a series of cookery sessions that saw them progressing from simple dishes to increasingly complex meals. Their determination and pride in developing these new skills has been inspiring to watch.

Alongside these achievements, we've enjoyed a number of memorable seasonal events. A lively Bonfire Night celebration and BBQ brought people and families together in a friendly and welcoming setting. Our Winter Ball added a touch of magic to the season, while the Harvest Festival offered a moment to reflect and give thanks. Looking ahead, Christmas pantomimes and festive lunches at local pubs and inns promise to bring yet more enjoyment as we close the year.

We look forward to bringing you more updates in 2026. In the meantime, I wish you and your families a wonderful Christmas and a very happy New Year.



Caroline Tebay

Deputy Chief Executive &
Head of Clinical & Therapy Services
caroline.tebay@novalis-trust.org.uk

Contents

On a Roll: Paradise takes to the bowling green.....	1
Dancing into Christmas with a magical winter ball!.....	2
Bonfire Night celebration brings Novalis community together	4
Sailing to Success: Gold and Bronze awards for our crew!	5
This creative collaboration is anything but run of the mill.	6
Paradise volunteers give back to the local community....	8
Cooking Up Confidence in the Paradise kitchen.....	10
Rooted in creativity: Paradise artists join the Dursley Sculpture Trail.....	12
Cathedral enthusiast Ethan returns to the Novalis Family!.....	14
Capturing Life at Paradise.....	16
Loaves of Fun at 'Pip & Jim's'.....	17
Practising resilience at our therapy fun morning.....	18
From chairlifts to steam trains: Paradise on tour!.....	20
Visit to the Natural History Museum is a roaring success.....	21
Step inside Paradise: A warm welcome for all at annual Open Day.....	22
Harvest Time at Paradise – what a bounty!.....	24
A real hoot in Cornwall!.....	26

ON A ROLL

PARADISE TAKES TO THE BOWLING GREEN



A team from Paradise House took part in their first ever lawn bowls competition at the Great Western Bowls National Tournament!

Seven teams from across the country, including the Isle of Wight, Cardiff and Windsor, came together for the event which was held on beautifully kept greens at the Cotswolds Bowls Club in Stroud.

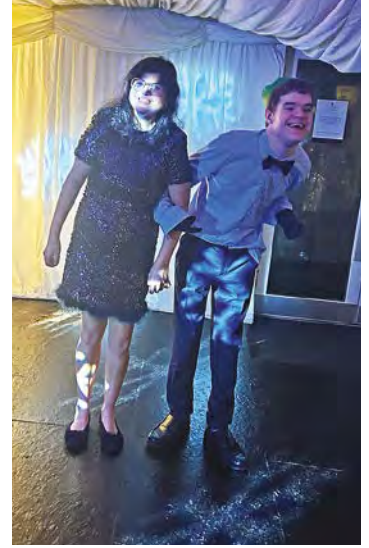
Paradise fielded a strong and enthusiastic team who gave it their all and were delighted to receive an honourable mention from the organisers for their efforts and team spirit.

As well as enjoying the competitive matches, people living at Paradise were delighted by the sense of camaraderie between all the teams.

Skan Alpan (Adult Activities Co-ordinator) said: "It was such a brilliant experience for everyone. The team really rose to the challenge and just loved being part of it all. We're so proud of how well they represented Paradise – and it's safe to say we're all hooked on bowls now!"

Well done to everyone who took part – you did Paradise proud!





Dancing into Christmas with a magical winter ball!

Paradise House opened the festive season in style with a dazzling Winter Ball enjoyed by people living at Paradise, their families and staff.

Held in the beautifully decorated garden marquee at Hatton Court Hotel in Upton Hill, Gloucester, the evening brought the whole community together for a night of celebration and live entertainment.

Guests embraced the seasonal spirit, arriving dressed in their finest outfits and ready for an evening to remember. A lively DJ kept the dance floor full throughout the night, and everyone enjoyed a delicious three-course dinner as part of the festivities.



Registered Manager Alison Hurlock expressed her appreciation for the effort that went into planning the occasion. "I'd like to thank everyone who worked behind the scenes to make the Winter Ball a success – everyone appreciated their efforts," she said. "It was especially lovely to welcome families for the first time this year and to have them share the occasion with us."

As part of Paradise's wider festive programme, groups also attended pantomime performances of Robin Hood and his Merry Men and A Dicken's Christmas at Cheltenham's Everyman Theatre and Jack and the Beanstalk at the Roses Theatre in Tewkesbury.

There were also seasonal outings to the Spectacle of Light at Sudeley Castle, the Enchanted Light Festival at Westonbirt Arboretum and the Enchanted Garden by Night at Painswick Rococo Gardens, where people from Paradise followed beautifully illuminated trails, light installations and atmospheric displays through the winter landscapes.

On Christmas Day, those who are at Paradise will be treated to hearty festive lunches at a selection of Cotswold pubs and inns.





BONFIRE NIGHT CELEBRATION

BRINGS NOVALIS COMMUNITY TOGETHER

Paradise House welcomed everyone at Novalis Trust and their families to this year's brilliant Bonfire Night celebration.

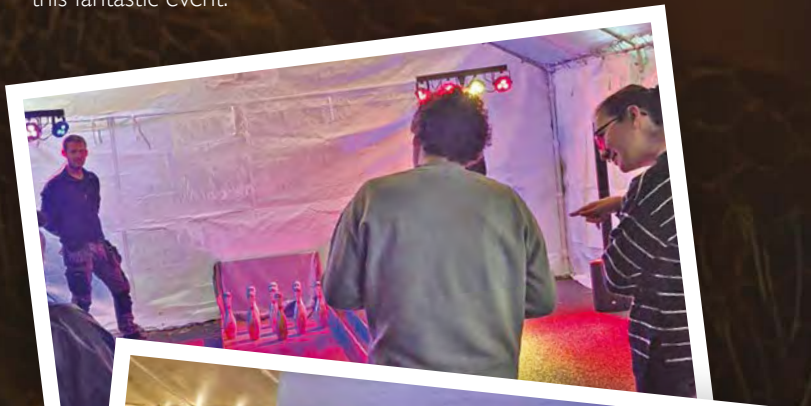
Guests – including pupils from Cotswold Chine and William Morris Schools – enjoyed an evening of music, activities and festive food.

Live music set the tone as the crowd gathered around a securely fenced bonfire, while others joined in games of skittles or got creative at the glitter, face painting and nail art stations.

The event also featured a sizzling barbecue and a selection of homemade cakes, adding to the warm and welcoming atmosphere.

Alison Hurlock (Registered Manager) praised the efforts of the Trust's maintenance team for helping to make the evening such a success.

"The team worked incredibly hard to make sure everything was safe and enjoyable for everyone," she said. "It was wonderful to see so many families come together – the Paradise community was thrilled to host this fantastic event."



SAILING TO SUCCESS

GOLD AND BRONZE AWARDS FOR OUR CREW!

It's all been smooth sailing for three people living at Paradise who have made an impressive splash at Whitefriars Sailing Club!

As part of the Royal Yachting Association's Sailability scheme, Laurance, Maxine and Donna took part in regular lessons at the club in Ashton Keynes, where they learned how to conduct themselves safely on the water and steadily build confidence in a new environment.

Laurance's hard work paid off as he proudly achieved his gold award, demonstrating excellent sailing skills, confidence and a strong grasp of safety and teamwork.

Not to be outdone, Donna and Maxine also showed great determination and spirit, each earning their bronze awards after completing their own courses and building skills in navigation, safety and boat handling.

"This is a wonderful achievement for all three," said Skan Alpen (Adult Activities Co-ordinator). "Laurance has shown real talent and commitment to reach gold level, while Donna and Maxine have done brilliantly to gain their bronze awards. Their enthusiasm, teamwork and courage on the water make everyone at Paradise incredibly proud."



"This is a wonderful achievement for all three..."



This **creative**
collaboration
is anything but run of the mill...

People from Paradise House have created a large-scale Christmas installation for Brimscombe Mill, marking the start of an exciting collaboration between the two communities.

The idea began when Brimscombe Mill in Stroud, a Victorian industrial building now operating as social enterprise hub, issued a public request for help with festive decorations.

Kirstie Nayegon-Bishop (Daytime Activities Leader) and Eppie Short (Art Co-ordinator), who run Paradise's creative studios, recognised it as an ideal opportunity for joint working. After meeting with Brimscombe Mill's Jess Herbert and sharing examples of recent artwork, everyone agreed on a plan for a bright, high-impact centrepiece for the Mill's main communal space.

The final installation is a chandelier-style piece built from recycled materials and ribbons from The Resource Centre in Gloucester. It features woven bicycle wheels made in the craft studio, along with large hand-painted baubles influenced by designs from the American Arts and Crafts Movement.

Eppie explained that the use of bicycle wheels was more than just a design choice. "Cycling is a big part of life at the Mill. One of its businesses, The Bike Drop, repairs and refurbishes bikes and many of our group take part in Wheels for All in Gloucester – a charity making cycling accessible for everyone," she said. "Using wheels helped link all of those stories together and made the installation feel like it belonged in the space."

This connection reflects a wider tradition of creative Christmas installations. Tate Britain, for example, has invited artists since 1988 to redesign the Christmas tree, including works built from bicycles or even pedal-powered lights. While the Brimscombe Mill project is rooted firmly in community art, it shares the same focus on reuse, imagination and participation.

During follow-up visits, people from Paradise have enjoyed speaking with customers, volunteers and staff at the Mill, explaining how their work was made and proudly showing the finished piece. These visits have also encouraged people to explore the building, try new activities and savour the welcoming atmosphere.

Brimscombe Mill brings together four community-focused businesses under one roof: The Long Table,

a pay-as-you-can restaurant; The Bike Drop, which sells and services both new and refurbished bicycles; Home Remedy, offering vintage, second-hand and new furniture; and Kids Stuff Stroud, which provides items for children of all ages. The Mill focuses on sustainability, reuse, local employment and creating an inclusive community space.

The Christmas installation has already created opportunities for ongoing collaboration. The Bike Drop is interested in supplying materials for future creative projects and The Long Table has welcomed the group to help with their seasonal decorations. One resident, Hils, is exploring the possibility of work-experience in the café.

Jess Herbert from Brimscombe Mill said: "I wanted something bright and colourful to bring joy in difficult times. Paradise House has created something that lifts the whole building. It's been wonderful to collaborate with such an enthusiastic group."

Support also came from the Trust's maintenance team lead Thomas Pentzek and colleagues Marius Mihai and Nick Woodward, who prepared and positioned the Mill's Christmas tree. Kirstie and Eppie would also like to thank OT student Katherine Tiptaft for her contribution and Jess for embracing the collaboration with such enthusiasm.

The installation will continue to evolve in the run up to Christmas, with both studios currently producing additional decorations including printed bunting featuring words from a poem written by Kirstie, textile pieces and further handcrafted elements. It will remain on display until Brimscombe Mill closes for Christmas on 23 December.

"We're encouraging as many people as possible living at Paradise, along with staff, families and friends, to visit," said Kirstie. "This is the start of many creative, community-focused activities and a wonderful chance for Paradise to shine."



PARADISE VOLUNTEERS

give back to the local community

People living at Paradise House are exploring new opportunities, gaining valuable skills and building confidence through a wide range of volunteering experiences.

These activities – which include sessions at a local farm, charity shop, day care centre and the Novalis Trust's Lunchbox Café – not only enhance independence but also help create meaningful connections within the wider community.

“Volunteering gives people the chance to discover what they're capable of and it's incredible to see the confidence and pride that comes from these experiences,” says Mark Sweeting, the Trust's Health and Wellbeing Facilitator.

Scrubditch Care Farm

Hands-on farming with purpose



At Scrubditch Care Farm in Cirencester – which provides therapeutic, farm-based activities for adults with additional needs – people living at Paradise House are getting stuck into animal care, gardening and cooking.

The farm was founded in 2010 by Emma Costley-White, who was inspired by her

daughter's love of farm life and her struggle to find meaningful opportunities locally. Today, Scrubditch provides a safe and purposeful space for people to learn practical skills and grow in confidence.

Maxine and Harvey attend weekly, learning how to maintain farm infrastructure, grow fruit and vegetables, and prepare meals in the cookery studio. They also enjoy connecting with the animals – from sheep and pigs to goats and ducks – and taking part in woodland walks that promote relaxation and wellbeing.

“At the farm, every task has real purpose,” explains Mark. “Whether it's feeding animals, tending the garden, or preparing meals, people gain not just skills but also a sense of belonging and achievement.”



Horsfall House Day Centre

Confidence blossoms through care



Jade has been thoroughly enjoying her volunteering at Horsfall House Day Centre in Minchinhampton, a not-for-profit service offering companionship and activities for elderly clients, including those living with dementia.

She supports people in a wide range of activities – from quizzes and arts and crafts to playing dominoes and assisting at mealtimes – helping to create a positive and engaging environment.

Emma Haste, Day Centre Manager, said: “Jade has really grown in confidence since starting with us. She's built a lovely rapport with both the clients and the team and her positivity makes a real difference to the activities and the atmosphere here. It's been a pleasure to see her develop her skills.”

Mark adds: “Jade's enthusiasm shines through – she's a real support to the team and is much appreciated by everyone at the centre.”

Sue Ryder Charity Shop

Giving back while gaining skills



In Stroud, volunteers from Paradise House including Hills, Isobel, Lucy and Shelley are supporting the Sue Ryder charity shop, which raises funds for vital palliative and end-of-life care services.

They're gaining confidence in customer service, cash handling, stock management and teamwork while contributing to a supportive community environment. The shop experience also helps develop problem-solving and communication skills that can be transferred to many areas of life.

"Volunteering in the shop gives people a great mix of practical experience and personal growth," explains Mark. "It's also a brilliant way to give back to the local community."

"At Paradise House, volunteering is so much more than just about developing skills – it's about opening doors, building confidence and helping people flourish in every part of their lives," says Mark. "We're really pleased that so many people living here are enthusiastic about embracing the opportunities on offer."

Novalis Trust Lunchbox Café

Independence served with a smile



At the Novalis Lunchbox Café, a lively community hub, Paradise House volunteers are gaining hands-on experience in food preparation, customer service and teamwork. The café's fast-paced environment provides the perfect setting to build confidence while learning practical skills.

Laurance, a former Cotswold Chine School pupil, now travels independently by bus to volunteer twice a week – a huge achievement in building independence. Donna and Ethan also enjoy their café roles, learning new skills and developing their self-esteem while working alongside the team.

"The café is a brilliant environment for learning teamwork, customer service and independence," says Mark. "People really grow into their roles and often surprise themselves with what they can do."





**COOKING UP
CONFIDENCE** *in the*
**PARADISE
KITCHEN**

Keen Paradise chefs have been rolling up their sleeves and taking part in cookery sessions designed to improve their skills around the kitchen!

Led by clinical therapy assistants Adam Cook and Grace Fowles, the cookery groups are a firm favourite among people living at Paradise. With a focus on building confidence, developing independence and having fun together while learning practical skills, the classes offer much more than the chance to make a tasty meal.

Group members kicked off by creating savoury tarts, a recipe which encourages careful chopping and preparation techniques. Next came wraps, which introduced pan frying to the mix – a new and exciting challenge that everyone embraced with care and curiosity.

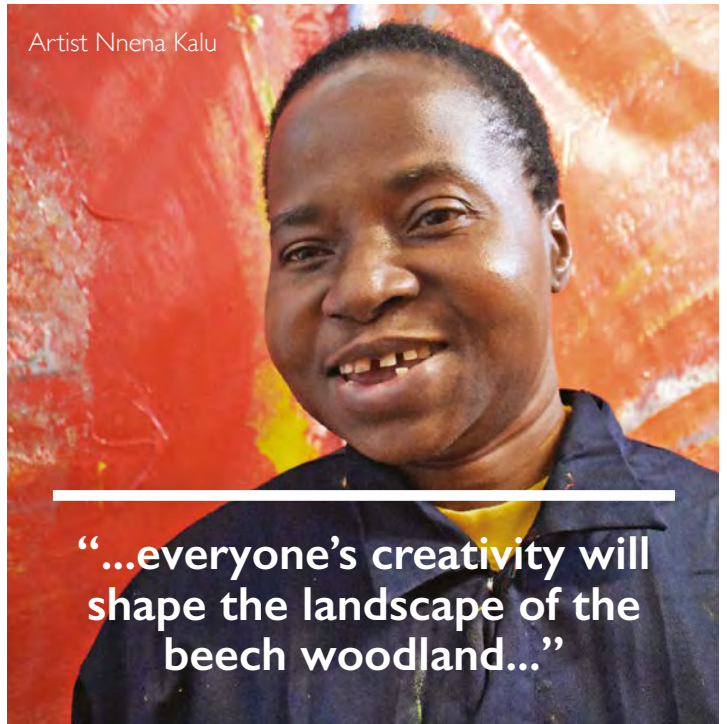
As skills and self-belief grew, so did the complexity of the recipes. The chefs moved on to a pasta salad, practising boiling water safely and perfecting timing. Most recently, they brought all their new skills together in a delicious pasta bake, showcasing how much they've learned in just a few months.

Adam and Grace have been delighted to see the enthusiasm and teamwork in the kitchen. "Every session brings a sense of pride and achievement and, of course, something tasty to enjoy at the end," added Adam. "With every recipe mastered, people living at Paradise are proving that the best results come from working – and cooking – together."





Artist Nnena Kalu



“...everyone’s creativity will shape the landscape of the beech woodland...”



ROOTED IN CREATIVITY

People living at Paradise House have started an exciting new creative project: they're designing and building a sculpture that will become part of the Dursley Sculpture Trail!

The project is being guided by Eppie Short and Kirstie Nayegon-Bishop, who run the creative arts studios at Paradise House. Together, they're supporting the keen group of Paradise artists through every stage of the process – from shaping ideas to experimenting with materials – ensuring that everyone plays a part in producing the final piece.

Inspiration for the project came after residents Hills and Heather visited the Dursley Sculpture Trail – a community art initiative in Twinberrow Wood – earlier this year. Following their trip, a group decision was made to design a sculpture around the theme of mycelium networks – the intricate underground fungal systems that connect trees and plants.

"For Paradise House, this theme has a special resonance," says Eppie. "Just like the mycelium beneath the forest floor, Paradise is a community where people support one another in ways that may be subtle, non-verbal or not immediately visible, yet are very important."

Over the coming months, the Paradise team will be experimenting with different recycled materials sourced from the Gloucestershire GRC Scrap Store. They'll be building small-scale models and testing how their ideas hold up against the elements, since the final sculpture will be installed outdoors on the 1 km circular trail.

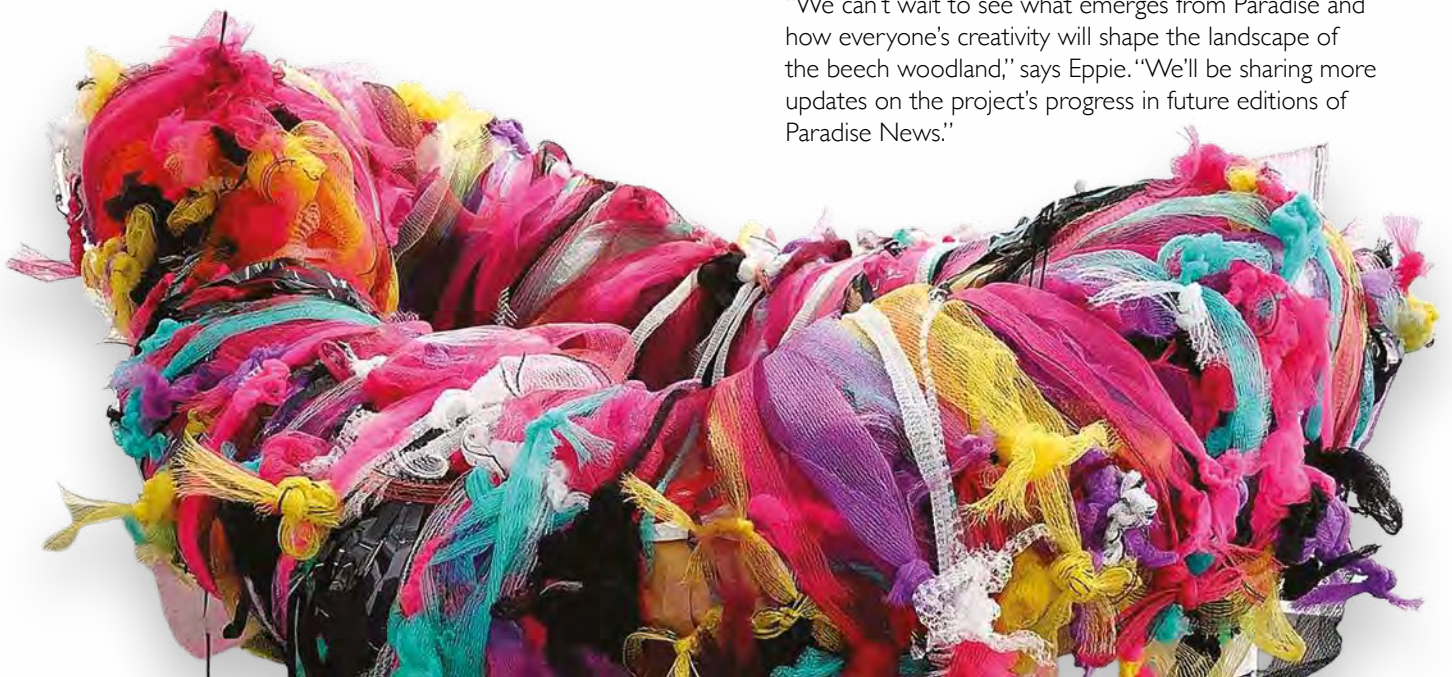
The initiative builds on Paradise House's growing engagement with sculpture. Last year, several groups visited the Quenington Fresh Air Sculpture Show where they took part in guided tours and explored a wide range of artwork.

The Paradise artists are also drawing inspiration from a landmark moment in the wider art world – Nnena Kalu's win at the 2025 Turner Prize. Born in Glasgow in 1966 to Nigerian parents, Kalu is the first learning-disabled artist to win this prestigious award. Her work, currently on display in Bradford as part of the UK City of Culture celebrations, has been widely celebrated for challenging conventional ideas about materials, process and authorship.

"Kalu's installations, made from wrapped and layered materials such as VHS tape and fabric, are immersive, joyful and radical," says Kirstie. "Her Turner Prize win marks a watershed moment for learning-disabled artists and signals a powerful shift in how the art world values different voices and practices."

Twinberrow Wood is an important wildlife habitat which supports a diverse eco-system. Since its launch in 2008, the Dursley Sculpture Trail has successfully encouraged many local residents to visit the local beauty spot.

"We can't wait to see what emerges from Paradise and how everyone's creativity will shape the landscape of the beech woodland," says Eppie. "We'll be sharing more updates on the project's progress in future editions of Paradise News."





In each edition of Paradise News, we introduce you to one of the people living at Paradise House. This time, the spotlight is on Ethan from Tobias.

Cathedral
enthusiast

Ethan
returns to the
Novalis Family!



Paradise House's newest arrival, Ethan, has an extraordinary gift. Ask him about any town or city, and chances are he'll be able to tell you the name of its church or cathedral – along with the exact height of its spire or steeple. His fascination with these buildings and his encyclopedic memory never fails to amaze!

Ethan (24) joined Paradise House this summer and has quickly brought his warmth, intelligence and easy charm to the community. Although he was born in the USA, he moved back to Britain as a toddler, growing up in Oxfordshire where his parents Emma and Jeremy still live in the village of Childrey. He's proud, too, of his Welsh heritage, which is a strong part of his identity.

Beyond his love of churches, Ethan is equally passionate about farming and tractors. Every year, he and dad Jeremy enjoy their special father-and-son trip to the British Ploughing Championships which attracts more than 250 competitors from across the UK.

Those who know Ethan describe him as sociable, considerate and polite. "He loves meeting new people and takes genuine care in making sure those around him feel included and at ease," says Tobias housekeeper Tereasa Roche.

"Ethan has such a positive impact on everyone here," adds Senior Adult Support Worker, Will Cheatle. "He's kind, curious and always willing to get involved. He brings a wonderful energy to Paradise House."

Ethan's journey has taken him through Fitzwarren School in Wantage, William Morris College (now William Morris School) and most recently the Elidyr Communities Trust in Wales, where he first completed the Foundation Learning Programme before progressing onto – and successfully completing – the Skills for Life course. By joining Paradise House, Ethan has returned to the Novalis family, which means a lot both to him and everyone at the Trust.

When he's not sharing his knowledge or offering help, Ethan enjoys spending time with his family including their beloved dog Freckles. He also loves watching the Paddington and Mamma Mia films, listening to music on Spotify and settling down with his favourite meal of spaghetti Bolognese. An avid Harry Potter fan, his favourite character is the kind-hearted Luna Lovegood.

Ethan has already made a valuable contribution to Paradise House – everyone is looking forward to seeing what he will bring to the community in the months ahead.



Capturing Life at Paradise

Paradise House has been brought to life on screen thanks to a new video created by local filmmaker Adam Young.

Novalis Trust invited Adam – a Nailsworth filmmaker who runs the Bristol-based company Fine Young Films – to produce a short film that offers an authentic glimpse into everyday life for the people living at Paradise.

“The film reflects the warmth, energy and individuality of our community...”

The video weaves together conversations with several people living at Paradise and team members, each sharing what makes the community so special.

It aims to give future viewers a warm, honest introduction to what they can expect when they join Paradise House.

Caroline Tebay, Deputy CEO and Head of Therapy & Clinical Services, said Adam had captured the spirit of Paradise House beautifully.

“The film reflects the warmth, energy and individuality of our community, and we’re incredibly grateful to everyone who took part,” she added. “Both the team and the people living at Paradise showed such generosity in sharing their experiences.”

Adam’s video will soon be available to view on the Novalis Trust website and on its social media pages.



LOAVES OF FUN

AT 'PIP & JIM'S'

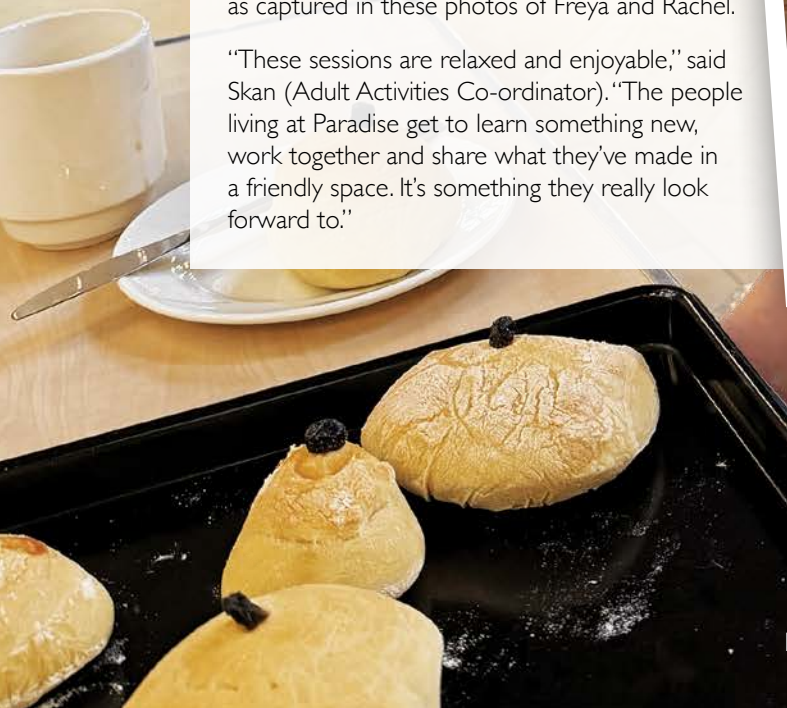
Rising to the occasion comes naturally to people living at Paradise!

Their newest adventure takes them to St Philip and St Johns Church in Cheltenham – known locally as Pip and Jim – where twice a month they join a friendly community bread-making group that's quickly become a favourite outing.

Different groups from Paradise House take part, each enjoying the chance to knead, shape and create their own dough with support from the welcoming volunteer helpers.

And the best part? Sitting down together at the end to enjoy the bread they've made themselves, as captured in these photos of Freya and Rachel.

"These sessions are relaxed and enjoyable," said Skan (Adult Activities Co-ordinator). "The people living at Paradise get to learn something new, work together and share what they've made in a friendly space. It's something they really look forward to."



PRACTISING RESILIENCE AT OUR THERAPY FUN MORNING

People living at Paradise House practised resilience skills at a special therapy fun morning attended by two renowned US mental health experts.

Joining the session was Dr Laurie Leitch – psychotherapist and developer of the Social Resilience Model (SRM) – which teaches individuals practical techniques to strengthen self-regulation skills. She was accompanied by Dr Loree Sutton, a retired army brigadier and psychiatrist who also shared her expertise and support throughout the morning.

Interactive activity stations gave everyone the opportunity to explore SRM techniques in a hands-on way. At one station, people were invited to create their own personal “happy place” resource, a tool for refocusing when feeling unsettled.

Resilience bingo added a lively twist, while other games encouraged participants to notice how their bodies feel in moments of calm or stress and to practise shifting their attention to feel better. People also blended their own essential oils to keep as a calming reminder of the morning.

SRM teaches people how to notice the state of their nervous system and gently guide themselves back to equilibrium using breathing and self-regulation skills. With practice, these attention-management techniques can reshape the brain through neuroplasticity – the brain’s natural ability to form new, healthy connections and adapt to more positive ways of thinking and feeling.

Also known as the Brain Game Program (BGP), SRM is being applied in diverse settings all over the world – from schools to hospitals – to support children and adults experiencing stress, distress or trauma. Its techniques have helped people and communities recover following natural disasters, terrorist incidents and even in areas affected by war.

Grace Chapman (Deputy Head of Clinical Therapy & Services) said the morning was a fantastic opportunity for people living at Paradise to explore SRM skills in a fun and supportive way.

“It was wonderful to see how engaged everyone was with the activities,” she added. “It’s exciting to think of the long-term benefits that practising SRM could bring to everyone here. Thank you to Dr Leitch and Dr Sutton for sharing their expertise and passion with us.”



‘...the morning was a fantastic opportunity for people living at Paradise to explore SRM skills in a fun and supportive way.’



FROM CHAIRLIFTS TO STEAM TRAINS PARADISE ON TOUR!

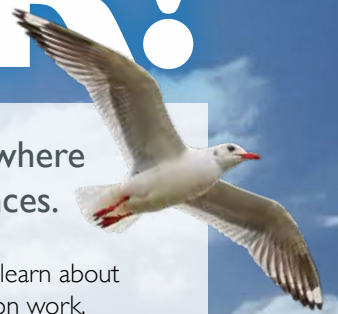
A group from Paradise travelled to the Isle of Wight this summer where they enjoyed some of the island's most famous sights and experiences.

Jade, Harvey, Laurance and Oliver made the most of their time away beginning with a ride on the Needles chairlift which offered spectacular views of the coastline. They followed this with an exhilarating speedboat tour around the Needles cliffs and lighthouse.

The adventure continued with a scenic journey on a traditional steam train, before a visit to the Wildheart Animal Sanctuary, where residents had the chance to

see a variety of animals up close and learn about the sanctuary's important conservation work.

Mark Sweeting (Health and Wellbeing Facilitator), who accompanied the group, said: "It was a fantastic few days – everyone embraced the activities with real enthusiasm. The trip gave residents the chance to try new experiences, make great memories and enjoy being out in such a beautiful setting together."



Isle of Wight





Visit to the Natural History Museum is a roaring success

A group from Paradise explored London's Natural History Museum taking in everything from towering fossils to the giant animatronic T-Rex dressed specially for Christmas!

The day-trippers set off together by minibus for a day that combined learning, exploration and time spent out in the community.

On arrival, they entered the museum's central space, Hintze Hall, where the 25.2-metre blue whale skeleton hangs suspended from the ceiling. The group took time to look up at the scale of the skeleton, with photographs taken to capture the moment.

A highlight of the visit was the animatronic T-Rex in the Dinosaurs Gallery. Each winter, the T-Rex is dressed in

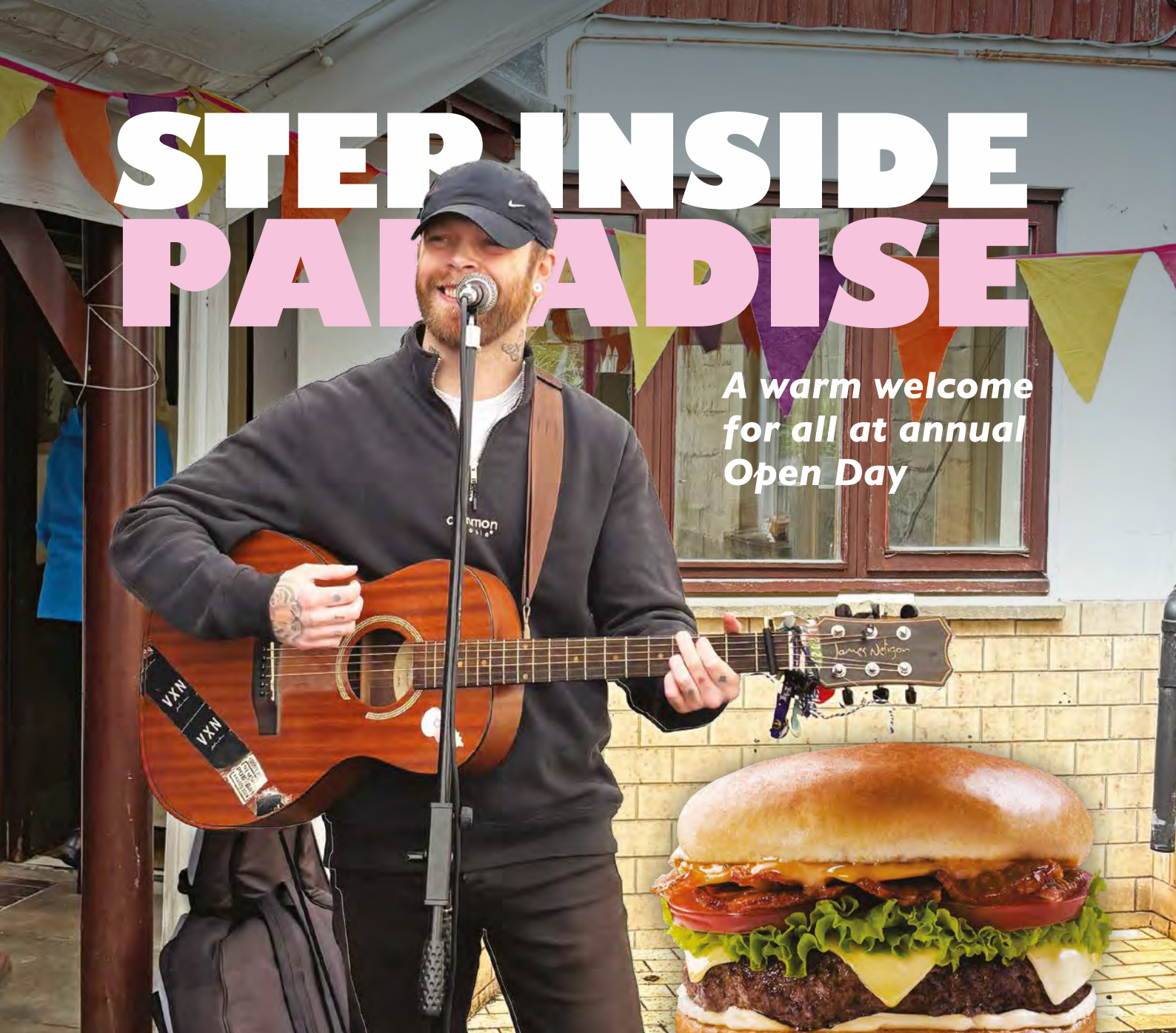
an oversized Christmas jumper and a festive Santa hat. Everyone enjoyed watching the movements and sounds of the dinosaur and seeing it in its seasonal costume.

Throughout the visit, the group explored a range of galleries and displays, taking in fossils, geological exhibits, and examples of life from across Earth's history.

"It was a positive and engaging day for everyone," said Skan Alpan (Adult Activities Co-ordinator). "People showed interest in the exhibits and really enjoyed the chance to spend time together in a new environment."

STEP INSIDE PARADISE

*A warm welcome
for all at annual
Open Day*





Families, friends and members of the local community were welcomed to Paradise House this summer for the annual Open Day celebration!

More than 150 visitors came along to enjoy an afternoon of food, fun and activities giving everyone a chance to see what makes Paradise such a special place to live and work.

Guests were treated to a delicious BBQ, an array of home-baked cakes and refreshing soft drinks, all prepared by members of the Trust's domestic and maintenance teams. Live acoustic guitar music added to the atmosphere as people mingled, explored and joined in the festivities.

The art room was a hive of activity thanks to Art Co-ordinator Eppie Short who ran printmaking workshops where everyone could create and take home their own unique artworks. The room also featured a vibrant gallery of pieces made by people who live at Paradise.

Paradise Personal Trainer Cameron Russell got the crowd moving with lively Zumba demonstrations while other staff offered pampering sessions in the Health and Wellbeing Centre, including face painting, glitter art and manicures.

Registered Manager Alison Hurlock said the annual event highlighted the strong sense of community at Paradise.

"It was so lovely to see so many families and friends here at Paradise enjoying the day with us," she added. "I'd like to say a huge thank you to everyone who came along and to all of our wonderful staff who worked so hard to make it such a success."





Harvest Time at Paradise

what a bounty!

Everyone at Paradise came together to celebrate community and creativity at this year's Harvest and Micheltmas Festival!

The event, held in the Main House Hall, was organised by Dawn Mustoe, Kirstie Nayegon-Bishop, Joan van Deventer and Eppie Short, who worked closely with people across Paradise House to make the day a success.

Beautiful displays of produce from the gardens, gathered especially for the occasion by Olga Khlebnikova and Simon Cox, decorated the hall. The display also featured autumnal prints created in the art studio along with hand-sewn pumpkins and tiny toadstools made from twigs and satsumas in the craft studio.

Throughout the celebration, everyone joined in singing and reading stories and freshly made cakes were on offer. Tereasa Roache and Cheyenne Wray helped prepare drinks for the event.

"The Harvest Festival is a lovely reminder of what we can achieve when we work together. It really shows the creativity and warmth that runs through our whole community," said Kirstie. "Everyone played a part – from those who grew the produce to those who baked, crafted or helped set up the hall. It was a real team effort."





“The Harvest Festival is a lovely reminder of what we can achieve when we work together.”

A REAL HOOT IN CORNWALL!

Holding owls was just one of the unforgettable moments from a wonderful holiday in Newquay for a group from Paradise House.

The seaside getaway was filled with exciting activities, from relaxed shopping trips and a visit to Truro to exploring the colourful Blue Reef Aquarium.

During their visit, the group had the chance to get up close with some of the sanctuary's feathered residents – even holding a few of the owls themselves.

‘The seaside getaway was filled with exciting activities...’

A real highlight of the week was a visit to the Screech Owl Sanctuary, an award-winning animal park near St Columb Major. Founded in 1990 by Caroline Screech, the sanctuary is home to more than 60 owls from around the world, as well as 18 other animal species including wallabies, raccoons, lemurs, emus and even a fox.

