

# Growth Points

## Camphill Devon's Monthly Newsletter

February 2021



### In this issue

- Our vision and values
- Wellbeing; relaxation
- Cooking up new skills
- All creatures great and small
- Pendragon
- When you can't go to the pub
- Supported Living

### Our Vision and Values

By Steve

I referred in our January newsletter to the essential activity of reviewing Camphill Devon's Vision, and confirming the Values that are important to us, in everything that we do.

This review process has involved seeking the views of some of the people we support, the staff teams and our Trustees, and I am pleased to be able to confirm that we are all agreed on the following key messages:

### Our Vision

***"A world where everyone is valued and supported to live their life their way."***

### Our Values

***To promote a community ethos where everyone has a part to play, and has opportunities to make choices and take responsibility***

***To involve people is at the heart of everything we do***

***To understand, value and meet people's needs***

***To treat people with kindness, compassion and dignity***

***To promote, respect and celebrate people's diversity and individuality***

***To learn from people, to help us all adapt and continually improve and grow***

### Our Culture

***Embedding the above Values will support our commitment to building on the special culture that is Camphill Devon:***

*"An inclusive, supportive and rural environment where people have real freedom, are enabled to perform to the best of their strengths, and have the opportunities to learn and grow."*

**Continued on the next page....**

It is important to us that these are not just 'words', but that we demonstrate our commitment to 'live and breathe' these values in our work with all of the people involved in Camphill Devon. Most importantly, of course, the people we support, but also how we recruit, train and support our teams and how we develop our services.

We have an exciting future, and we know all our supporters will work with us to contribute to this.

## Wellbeing: Relaxation

by Mandie

I, like many others, am mostly working from home at present. So, I spend nearly all day glued to my computer, on phone calls or attending video meetings. Because we are also in lockdown, my social interactions are limited to my husband and my dog. It is not only my physical health that's been suffering.



In the first lockdown this wasn't so bad – it was spring, the days were longer, and we had hope that the pandemic might be over quickly. This time around has been different, and I've been going a little stir crazy – I can't be outdoors as much as I like and there are only so many banana loaves my husband wants to eat!

I have always had many interests, never one to sit around twiddling my thumbs, but quite a few of these are off limits during lockdown, so I thought it was time I tried something new to take my mind off everything and help me to relax.



Last year I inherited a large supply of wool (and this is no exaggeration), lots of it has been donated to our Weavery and some to other local craft projects, but I have lots left including some "Health Vest Cotton". Not personally one for knitted vests, I researched it and discovered you can use it to knit dishcloths and have an eco-friendly alternative.

Now all I had to do was learn to knit; well rather relearn. My mum, who was an avid knitter, taught me when I was a child but, apart from some wonky squares and a rather wobbly edged scarf, that was as far as I got. Thankfully in this day and age you can Google and YouTube until you find the right tutorial to suit your needs and I soon got started.



I've really been enjoying it and can get through quite a few rows in the evening, I even started to tackle patterns but more importantly it helps me to forget about Covid-19 and work, at least for a while.

Oh, if anyone does want a vest, do let me know!



### Cooking up new skills

Harry has been cooking. Learning new skills and gaining confidence.

## All creatures great and small

By Liz

After completing the 'Birds Matter' course with Learn Devon, this group has moved on to 'Wild Animals Matter'.

The zoom courses with the college are continuing to be successful and it has been great that Learn Devon has been able to offer them free for our learners.

We hope one day we will be able to return to college but this has worked well and I think it will continue into the future.



Here are some pictures of the people we support busily painting their home made bird feeders. Everyone enjoyed the course, which mixed art and craft skills with information about bird identification, their habitats, diets and songs. Matthew proved to be a fountain of knowledge on the subject and rustled up interesting and obscure facts that astounded the tutors. Now the group will walk around the grounds to find the ideal spots for their feeders and wooden decorative birds.

By Kelly



## Pendragon

by Liz

Daily walks and craft. Everyone is finding ways to keep busy during the current lockdown. It's nice to see the animals on our tenanted land as you take a stroll around the site. Also, below is a lovely picture of Ben holding his appliqué cushion that he made in our textiles workshop.





**When you can't go to the pub...**

**By Liz**

We are making good use of the land barn and it has turned into a great space for shooting some pool, playing table tennis, having a private disco and we even have a punch bag and an exercise bike.



**Supported Living**

**By Liz**

Martin and Ian both have their own iPads now to help them stay in touch with family and learn new skills. Richard's iPad is also coming soon. The pandemic has been an opportunity to look at new ways of staying in touch and has facilitated new ways of learning and living, discovering a new world of information and games and apps to help with everyday living.

Richard has now also got an indoor bike to complete exercise when the weather is poor

Collette, Craig and Mark are separately all going for an early morning walk for an hour every day. What a great way to start the new year.



Here is a picture of Robin getting his new iPad which will help him discover new skills and stay in touch with family.

**Camphill Devon**

Supporting adults with learning disabilities

**Hapstead Village, Buckfastleigh  
Devon, TQ11 0JN**

**Phone: 01364 642631**

**E-mail: [admin@camphilldevon.org.uk](mailto:admin@camphilldevon.org.uk)**

**[Facebook: Camphill Devon](#)**

**Registered charity no. 278173**



**Anna cooked chilli for lunch to keep everyone warm on a cold winter's day.**