



THE HELVELLYN PUSH 2005



On Saturday 11th June 2005 ORIGIN took part in The Back-Up Trust's Helvellyn Push. The Helvellyn Push reflects the policy of Back-Up, that is to prove that paralysis needn't be a barrier to living a full and active life. The Push involved teams of spinally injured wheelchair users and able bodied supporters climbing to the top of the 3000 foot high Helvellyn, near Keswick in the Lake District, and then back down again.

The route was very steep covering all terrain from wood to gravel, not always the most wheelchair friendly but definitely lots of fun! Typically for June, the weather was 'mixed' explains Peter who

took part in the Push.

'Once we had made our way back down Helvellyn we were greeted with a huge party including live music, great food, a late bar and a raffle where lots of fantastic prizes were won. A truly memorable experience!!'



TRAINING YOU TO BE THE BEST

We have recently joined forces with Lancaster and Morecambe College's Business Training Services team and their Care Tutors to develop training courses for all of our new recruits.

With the help of the Care Tutors we have developed an exclusive spinal injury training course which will prepare all of our Personal Care Assistants with the necessary skills to approach their duties with confidence, expertise and professionalism.

Our course is regarded as the most comprehensive of its type available. Personal Care Assistants following the training course, which exceeds the new National Care Standards, are well able to understand and meet the individual, social and practical needs of our clients who want to live independent lives in their own homes.



SHIP AHOY!

Ian Anstey, one of Origin's Personal Care Assistants recently accompanied his client on one of only 2 ships in the world purpose built to be crewed by both able and physically disabled people together, for a New Year voyage around the Canary Islands.

The Lord Nelson has 8 permanent crew consisting of a Captain, 1st & 2nd Mate, Bosun, 2 Engineers, a Medical Purser and a Cook. During Ian's voyage the 32 crew were divided into 4 Watches, with one Watch always on duty. Watch duties include

helming (steering), look out, doing safety checks and keeping an hourly log.

Whilst moored at Santa Cruz in Tenerife it was all hands on deck for the "Assisted Climb" where much heaving on ropes was done as 5 people in wheelchairs were hoisted up the mast. Scary or what?

The voyage ended in the port of Puerto Rico on the South Coast of Gran Canaria where the ships crew basked in 24 degree heat.

Ian says the highlights of the trip were climbing up the mast and the stunning views and would recommend a voyage on the Lord Nelson to anyone looking for a great (working) holiday with a difference.



Going for Gold!

Earlier this year, Gillian who handles the payroll and financial administration at Origin, represented the UK Karate team in the KSI European Championships.

Here's her story .

“ Whilst studying at Lancaster University I started to learn Kimura Shukokai Karate. To begin with it was just another social activity, a good way to keep fit and meet new people. However, it was not long before I became more interested in the finer points of the technique, where a minor adjustment here and there can dramatically increase your speed and power.

It's fair to say I became hooked fairly quickly. So it was relatively easy for my Instructor to persuade me to enter my first competition. I was a yellow belt, a practical beginner, so it was somewhat fortunate that I only had to compete against other junior grades! Whether by luck or skill, probably a bit of both, I managed to come second. The following year with a bit more practice I came first. I have been competing twice a year at National Level ever since.

After a couple of years of getting beaten around the mats as a brown belt, my hard work paid off, and I got my black belt. Nine months later I started training with the UK squad. Eighteen months after that, with umpteen bruises, the odd broken toe and a concussion later, I made the team. Hurrah!

So, on the 4-5 August this year I competed in the KSI European Championships in Tallin, Estonia. Having encountered some tough competition from the Finns, I managed to win a silver medal in the ladies lightweight Kumite, and later helped secure gold for the UK in the ladies team Kumite.

I am now working to repeat my successes at the World Championships in Helsinki next year. Strong competition is expected, but if it were easy, I'd have quit years ago.”



Origin comes out Tops!

Thank you to everyone who took the time to complete our Personal Care Assistant questionnaire.

The results have been counted and analysed and we can reveal that ORIGIN Personal Care Assistants are the happiest workers!

Results show that at the end of their placements they felt very positively about their experience and valued the opportunities to learn and develop and to make a difference to someone else's life.



Great Balls of Fire!

The Back Up Ball is an annual event hosted and organised by The Back Up Trust. This year's theme was Fire. Proceeds from the Fire Ball go towards funding the charity's Winter Rehabilitation courses which will run from January to April. This year saw the largest ever attendance of 450 people and raised a staggering £19,000.

In recognition of the excellent work they do, Origin are supporting by sponsorship some of the Back Up Trust events and publications - so watch out for our logo, adverts and Personal Assistants.

Earn to Learn

Since ORIGIN rewarded their carers with a pay increase last year many of them have used it to their advantage by saving money to pay off student loans or fund another year of studying.

"I've found a job that I absolutely love and a way of paying for education at the same time...it sounds too good to be true but it's not" Mandeep

Introducing Vicky...

Vicky Hook started temporary work with Origin in July after she completed a degree in Information Technology at Lancaster University. Vicky now works for us full time and looks after all day to day matters concerning application

forms from prospective carers, references for carers, collating reports and answering phone calls.

Outside of work Vicky enjoys spending her time creatively with painting, digital art and developing her own website.

