

LAZY DAYS

Collioure

is a beautiful seaside town, only 30 minutes from the city of Perpignan. There is plenty to see and the local culture is intoxicating, this summer there are some exciting local events including Les Musaiques des Collioure, a wine tasting and art festival from the 17th to 20th June and a Piano festival from the 26th to 29th June.

It's that time again, time to start day dreaming of warmer climes and thinking about summer holidays. With the summer Britain had to offer last year we are sure that L'Origine in the South of France could satisfy the much needed sunny break! L'Origine is fully wheelchair accessible, offering a modern and spacious living environment which takes the stress out of being away from your own home, adapted specifically for the spinally injured.

IN THE SUN



Origin Anniversary

This month, Origin celebrates 10 years of providing specialist, spinal injury care services across the UK. Established as the leading spinal injury care agency in the country Origin continues to develop and grow as word of the quality and range of their care services spreads. Determined to remain a small, professional care provider where all clients are seen as individuals, Origin's directors are continually focused on offering the genuinely personal service of the highest quality that sets Origin apart from other care agencies.

'A tenth anniversary prompts some reflection on the milestones in Origin's history and the changes in perception of disability care in the community,' says Peter Henry. 'It is many years since the care and support of people with a disability was seen as the sole responsibility of immediate family and eight years since the changes in the regulation of care agencies which have led to real improvements in the standards of care provision. We are especially proud that the regulating authority, the Care Quality Commission, has consistently awarded a rating of 'excellent' for Origin and its services in recognition of the high standard of service we offer our clients.'

'Origin's own milestones have included being featured in the Daily Telegraph as 'a young and highly successful company with a great future ahead', several building extensions to house our growing team, the 3 star CQC quality standard rating and renovation of L'Origine holiday apartments to satisfy the need for quality and accessible holiday accommodation – for Origin clients and others tetraplegics. We have beaten our heads against the milestones involving new computer system installations, celebrated the benchmarks of training awards and gesticulated wildly at the bureaucratic millstones encountered in the last 10 years but as many of you will know often the smallest victories, the tiniest marks of achievement and the quietest of thanks from a client, PA or staff member have been the most gratifying.'

We would like to thank all our clients and PAs, past and present, for enabling us to achieve our aspirations for improved standards of home care for those with a spinal injury.



TRAIN FOR THOUGHT

Peter visited Collioure in October and has shared his experiences of travelling on the Eurostar rather than by plane, if you are unsure of foreign travel read how easy it all was for Peter by clicking on www.origincare.co.uk/lorigine-holiday/links.htm

Are trains a viable alternative to flying? To find out I decided to give it a go – Yorkshire to Collioure, a distance of over 1,100 miles. Best route identified – Skipton to Perpignan. Time taken, 1 day. Leave Skipton 06:47hrs. Arrive Perpignan 21:47hrs.

So, door to door Yorkshire Dales to Mediterranean coast in the very south of France in 16hrs. A long journey most certainly but a much more relaxing one than flying. There is far less queuing and hanging around, no need to be hauled in and out of aircraft seats, check-in and security is much easier and you have the pleasure of an ever changing view as France gradually transforms from the grey, flat Pas de Calais to the green and rolling centre of the country and finally to the colourful Languedoc-Roussillon coast. The downsides are the longer journey, some need to 'explain' (verbally or as us Brits do, by waving your arms about SPEAKING VERY LOUD) what needs to be done and the number of connections; although this will vary by journey.

I found the journey a fun adventure and a very credible alternative to flying. I felt much more relaxed on arrival and settled in to the holiday immediately rather than taking a couple of days to relax. Those living nearer London will obviously have a much shorter journey too. Would I go by train again, and to other destinations? Most definitely but probably not every time I travel. If I lived nearer London, I would use it more extensively as the leg from northern England would not be needed.



NEWS
ORIGIN

2001 The Way we Were!

Thoughts from people at Origin

Linda: Ten years ago my favourite pair of shoes were shiny, black stilettos and my favourite TV programme was Friends. I still love the same shoes but now the lives of Ross, Chandler, Rachel, Joey, Phoebe and Monica and all their New York pals has become just another TV repeat!

Lorraine: During the five years I have been working with ORIGIN I have got to know some very inspirational characters. I have been privileged to hear life stories from people who have adjusted to a completely new way of living post injury and some of the amazing Personal Assistants that work alongside our clients. The most amazing thing that has struck me is the sheer determination of people to live their lives as they want to. I'm fortunate to work in a truly person-centered organization, and being able to make a positive contribution through the Personal Assistants I have introduced to clients over the years.

Peter: I love my cars and 10 years ago when I was driving around in an Austin Princess I was looking forward to driving my first Maserati or Aston Martin. Unfortunately time has taken its toll on that particular dream and I'm not the owner of either – Oh well it's good to have something to work towards, I guess!!

2001 Favourites

Lord of the Rings on in the cinema, The Office found its way onto TV, 1st Celebrity Big Brother took the nation by surprise, Coldplay were singing Yellow Petrol was 77.9p per litre!



Origin is pleased to welcome Jan Duckworth to the team. Jan has taken over from Thom James and her prime responsibility within Origin is to act as frontline IT support and system administrator for our data management systems. Jan also helps out with the PA recruitment processes including referencing, CRB checks and our specialist training course. When she's not at work Jan enjoys a quiet life with husband David and not quite as quiet with her spoiled cat, Jake, although every now and again you may come across her on the stage in a musical, play or pantomime as she's been involved in amateur dramatics since she was 10!

My name is Annie Hughes and I have recently taken early retirement from the NHS where I had a career spanning 34 years. The majority spent as a mental health nurse both in hospitals and the community. For the past 10 years I have held a management role in commissioning and specialist community provision. I have a grown up family and my hobbies include motor boating, reading and cooking. I would like to think I was known as an accomplished nurse, manager and academic but if you ask my family they would tell I am famous for my cauliflower cheese and roast potatoes.



I am really looking forward to my new role with Origin and hope I can make a positive contribution for all our clients.

Origin's new Client Services Co-ordinator Annie, will be working alongside Lewis Noble until his retirement in April.

NEW FACES



APRÈS SKI

One of the many perks of being an Origin PA is the chance to take part in experiences such as The Back Up Trust skiing trip in Sweden. Origin works in partnership with the Trust, offering the support of Origin PA's to those on the course. Sofia Grijalva and Ivanna Hearn were two lucky PA's representing Origin on two separate ski trips in January. Sofia and Ivanna were kind enough to share their experiences with us and here is what they had to say ...

Ivanna 'I learnt nothing was impossible, watching the participants tackle new experiences every day and watching them adapt and embrace the challenges with a positive attitude was incredible. I would recommend the trips to anyone either clients or fellow PA's. It's an invaluable experience and the sunsets, spa and après ski aren't too bad either.'

Sofia ' This was my first time skiing and I could never have overcome my fears without the support of the group, many of the participants had never been on a Back Up trip before so it

was great to see everyone working as a team, I would recommend the course to anyone.'

Ivanna 'Everyday I had to wake up early and get the group on the mountain as early as possible! After helping participants into ski karts we could go and ski for a couple hours, then we would all meet for lunch and get everyone out of their karts and warm again, we then had more free time to ski after lunch. At sunset we headed to the sauna/spa, for dinner and drinks and had a chance to get to know the whole group.'

Sofia – 'As a PA to one of the participants my duties included morning and evening personal care, help with transferring my client on and off the shuttle bus, in and out of the ski kart and ensuring they had everything they needed throughout the day. Whilst clients were skiing with their instructor we had the chance to ski or relax at the resort.'

VIRGIN LONDON MARATHON 14th APRIL 2011

Patryk Huczowski one of Origin's PA's is running the 2011 London Marathon to raise money for Spinal Research, Patryk has been an Origin PA for nearly 4 years and is a keen runner participating in other events such as the Portsmouth half marathon in February. This is his first London Marathon. Patryk has been training 5 to 6 times a week, running between 50 and 60 miles a week in preparation. As a keen runner Patryk has set himself the target of completing the race in 2 hours 55 minutes. He is hoping to raise £1700 for Spinal Research, you can show your support by sponsoring Patryk at www.justgiving.com/patryk-huczowski

