

## Welcome to Swallow

On behalf of the Trustee Board I would like to thank you for your interest in **South Wansdyke Learning and Living Our Way (SWALLOW)**. Established in just 1991, we have already achieved a great deal in our quest to support adults from across the South West who are living with learning disabilities. I am justifiably proud of the reputation we have earned for providing a high quality support service for our members.

Key to our success are our members, those adults we support in their goal to live a more independent life. Through a member's Management Committee they have a structured and vital involvement in the operation of **SWALLOW**, working with the Trustee Board to determine what we do and how we do it.

Securing this vital input from our members ensures **SWALLOW** continues to meet the needs and wishes of the people it was set up to help. It illustrates our practical and inclusive approach we take to build the confidence, experience and skills of members.

Thanks to the dedication and hard work of our staff we have received a glowing report from both Bath & North East Somerset Council (BANES) and the Care Standards Inspectorate for the service we provide to our members. We are committed to continually improving this high level of service and are in the process of adopting the Practical Quality Assurance System for Small Organisations (PQASSO).

As with many other charities one of our main challenges is funding. While there is never enough money to do all the things that we would like, we have much to be proud of. Through the generosity of a host of charitable trusts, companies and individuals we can continue to provide a range of services for our members and we are enormously grateful for this support.

To all those who are involved with **SWALLOW**, members, parents and carers, staff, volunteers and supporters, thank you for making the charity what it is today.



Cheryl Martin,  
Chair of Trustees

## What Swallow Does

**Vision Statement - "To be a leading provider of high quality, user led services for people with learning disabilities in Bath & North East Somerset and surrounding areas."**

**SWALLOW** aims to offer people with learning disabilities the chance to choose how they live and whom they live with, and to provide the support they need to live in their own home.

To achieve this goal the Board of Trustees work closely with the members elected onto the Management Committee and our partners in the community, such as BANES and Norton Radstock College. We provide a range of training opportunities, practical support as well as a vital opportunities to build friendships and socialise.

**SWALLOW** carers are on hand to provide a tailored level of support to our members who live in sheltered housing and in the community. Independent living skills training is provided to members through classroom based work at our head office. A host of skills are covered, such as ironing, cooking, cleaning, travelling and also health and safety.

We also help members take a first step towards independence through accompanied visits to our Base House facility, where members can put their individual living skills to the test in a safe, supervised environment

Our Members are also given the opportunity to undertake training to allow them to participate in local and national conferences on disability issues.

"It gives my family a break and is the highlight of my week, I love it here, it's a home from home. All the staff are first class and give me a lot of support and I can meet up with my friends." - Jane, a member who uses Base House



## Future Plans

**SWALLOW** is always striving to improve the support that it provides to members and in response to feedback from them we are developing new services.

The message that there is not enough housing provision to satisfy their needs is regularly fed through from our members. While there are not currently the resources to acquire new buildings we are continually looking for partnerships and other opportunities that may enable us to expand the supported housing we provide.

We are also looking to expand the use of Base House, which remains a vital resource for **SWALLOW**. As well as allowing Members to become more independent, Base House enables people to have a break from their day-to-day environment and can help avoid crisis situations developing. We are investing additional management time into Base House with the aim of getting new users, including those aged 16-18, as well as attracting secure ongoing funding.

A partnership has been established with Norton Radstock College to facilitate our provision of independent living skills training. We are also looking to expand the range of opportunities for our members to participate in creative activities. The art and creative movement classes have proved to be a wonderful way for our members to build their confidence and express themselves in new and challenging ways.

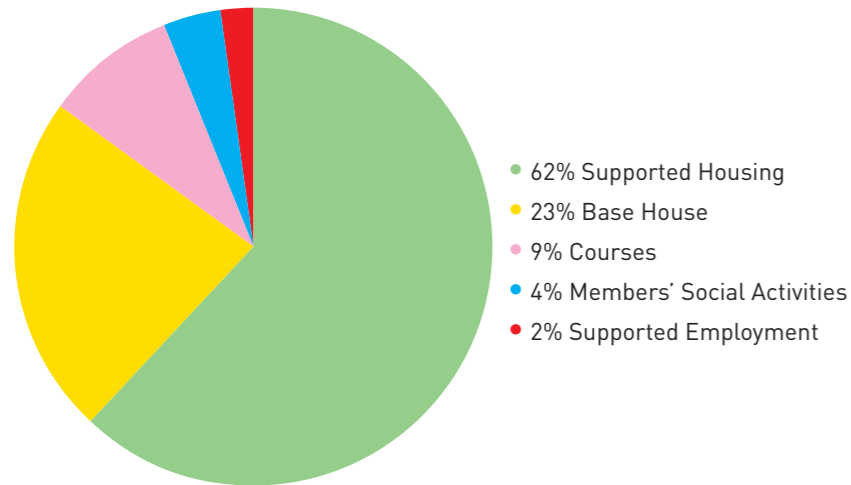
We know that there are many gaps in the services available for people with learning disabilities, such as giving them the skills and experience in preparation for employment. We are committed to finding the funding for such courses, expanding the service we offer our Members and improving the quality of their lives.

"I really enjoyed the day, I found out a lot about **SWALLOW** and we were able to have a real impact on what **SWALLOW** does in the future." - Linda, a volunteer helping with the art group



Everybody at  
**SWALLOW**'s  
Evaluation Day,  
October 2006

## Resources – How our money is spent



## Fundraising

SWALLOW relies on the generosity and commitment of individuals, companies and trusts to be able to continue to provide help and support to people with learning disabilities.

## Our Supporters Include

AXA	Roper Rhodes Ltd.
The Bath Half Marathon Fund	Ralph and Irma Sperring Trust
The George Inn, Croscombe	Sport Relief Fund
HACT	Tesco Charity Trust
The Beatrice Laing Trust	The Starfish Trust
Lloyds TSB Foundation for England and Wales	Wells Market Traders
Midsomer Norton Rotary	Wessex Water
Quartet Community Foundation	

I am delighted that we have been able to help SWALLOW over a number of years. The help that they provide is vitally important to a very vulnerable group of local people.”  
– Clare Prosser, Quartet Community Foundation

SWALLOW was very fortunate to be chosen as a local featured charity for the 2006 Nationwide Bath Half Marathon. Here are some of our team of runners including Gill Williams, senior support worker and Beverley Craney, senior manager:



## The Swallow Poem

(Written by SWALLOW members during our Evaluation Day 2006)

The seeds of SWALLOW help us grow, like the plants we sow.  
Reaping the harvest of those healthy seeds.  
Friends sitting laughing, smiling, socialising,  
Gathered to eat in the old fashioned way.  
A crunchy apple in a fruit salad of people.

Fresh air, freedom, waves of happiness on top of the world:  
Blue skies, birds singing, sunny morning.

Watchful eye, like a night owl on this branch of life  
Inspirations producing beautiful things,  
Windows and doors have been opened,  
New activities to learn and do.

Think of a picture, get your paints, let's talk SWALLOW.

## Messages from the Management Committee

“I think it's great, I come every month. Its important to keep SWALLOW going.”

“Members of the committee help staff to organise events. We support each other to run SWALLOW.” – Heather

“Its brilliant there's lots of good stuff going on. I enjoy talking about SWALLOW and making plans. I feel part of a big family.” – Paul

“We bring things up that we want to discuss. It's interesting to hear others having their own say at the meeting. I like planning the future of SWALLOW. It's important because we get the information we need.” – Sandra



Management Committee meeting

“We get voted on the committee by other SWALLOW members and we tell others what's going on at SWALLOW. We go to meetings and make decisions on how SWALLOW is run. I like being on the Management Committee because SWALLOW support me where I live and I have a say.” – Ann

SWALLOW would like to thank Chillifish for donating their time for the design of this annual report and the help of Epic Quality Print in its production.



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# Annual Report 2007

South Wansdyke Learning and Living Our Way

The financial information has been prepared for the purpose of this Annual Review and may not contain sufficient information to allow a full understanding of the financial affairs of SWALLOW. Full audited statutory accounts are available for the year ended 31 March 2006, and may be obtained by writing to SWALLOW, The Old Engine House, Old Pit Road, Midsomer Norton Radstock BA3 4BQ.