

News letter

Alan meets the King!



We are enormously proud of Alan who went up to Buckingham Palace to meet the King at the Royal Garden Party. He was invited because Alan volunteers at Home Farm Trust that supports people with learning disabilities.

Alan, who lives at Firs Court, is rightly immensely proud of this privilege. And we, too, are very proud of him. Well done Alan! *"I am happier in my new home and I love volunteering at the day centre."*

Hot off the Press!

The Wellbeing Hub is buzzing with activity, which is lovely to see. So, after talking to the people we support - we are applying for funding to expand the Hub in 2026 with a new Life Skills programme - Watch this space! If you would like to drop by on a Friday for a cuppa and a look around between 9 and 12, you will find a warm welcome.

For more information contact
kathleen@thefircrofttrust.org

PRE-LOVED & VINTAGE SALE

FRIDAY 7TH NOVEMBER 2025
7 - 9 PM
96 Ditton Road, KT6 6RH
£2.50 entry
more info
karen@thefircrofttrust.org



Date for your Diaries

Quiz Night - 27th February



Maggie's Story

Maggie has been living with the Fircroft Trust for over 30 years. She has mild learning disabilities but has not been able to live independently.

She (and indeed many other people we support at Firs Court) are well known by local businesses, particularly at the cafe, where many stop by for breakfast. They are always greeted warmly and are supportive. Their outings in the local community help also to break down stigmas.

At Fircroft, the staff encourage the people we support to choose and prepare food, which is one particular activity that Maggie enjoys.

However, for Maggie (and others), this is not that easy because the height of the existing food preparation surface, sink and cooker in Firs Court kitchen are too high. We are now fundraising to have them all lowered.

"It would like to make food in the kitchen for everybody.... I really like preparing vegetables", says Maggie.

Our fundraising team is now on the case to get funding for a lowered work top – watch this space!

Thank yous

We would like to thank

Hook Singers for £317.50 - the proceeds of their Concert in June

New Malden Rotary Club who donated the proceeds from their coffee morning in September - over £300

Claremont Fan Court School who donated £221.74

Please consider supporting us

£25 provides a one-to-one support hour with someone in a crisis at the Wellbeing Hub.

Time to Say Goodbye

We are so fortunate with our staff. Many work with us for many years. This is excellent for continuity, but also for the people we support. It means that staff get to know people really well and can support them in the best way.

So it is really sad when we have to say goodbye to any of our team. And we have recently had to say goodbye to two much loved and long-standing members of our team:

Many of you will know **Sue Shields** really well. She's been working at Fircroft for over 32 years. Of course, everyone wanted to be part of her send off parties - yes, she had 3. The best part is that she's not finished with us and has offered to volunteer at the shop when she gets back from her break.



Another long-timer is **Jo Gale** who has worked with us for over 13 years. Jo is moving to Yorkshire. Her creativity transformed our shop into a hive of activity raising funds to support the people at the Wellbeing Hub and Firs Court.

We will miss both and wish them the very best for the future.

Special thanks must go to our intrepid **Tough Mudder** champions, who braved the mud, the wet and the challenge to raise over £3000 towards our work. Plans are already in discussion for 2026. Are you ready to make a real difference? Join us in supporting mental health by taking on a challenge in aid of The Fircroft Trust. Whether it's a run, a hike, a swim or something totally unique. For more information on how to get involved contact karen@thefircrofttrust.org



Make a Difference Day

On the 6th June we welcomed a team from **Base Life Science** to make a difference to the Wellbeing Hub. The team worked extremely hard to tidy up planters, buy and cook a meal for everyone and generally have a great team building day that truly made a difference to the people we support. Thank you Team! If you have a team that would like to make a difference please contact karen@thefircrofttrust.org.



Thank you to all our Volunteers

We are so grateful to all our volunteers who give of their precious time to make a difference in the lives of people we support. From Trustees, to chatting to people at the Hub to helping at our shop and much more. **We couldn't do it without you!**

A **special big** thank you to all our supporters that have donated through **standing orders**. Your support has been instrumental in helping us to budget and plan ahead. Not only that, but having your support during times like Covid and the refurbishment of the building was a real encouragement to us all at The Fircroft Trust.

If you would like to donate through a standing order, please contact kathleen@thefircrofttrust.org