

Get More Out of Life!

Great new, inclusive, indoor and outdoor day time opportunities for people of all ages and abilities, all under one roof/sky!



My Life is embarking on a fantastic new venture at Thompson House Farm in Standish, Wigan.

Thompson House Farm is a newly built eco/equine centre, spanning over 80 acres of beautiful farmland. It is owned by the Ainscough family and the site consists of one of the most modern equestrian centres in the UK, a purpose built eco farm, fully accessible washing and changing facilities, purpose built respite accommodation, accessible fishing and a bespoke training facility.

My Life CIC has been offered a fantastic opportunity to provide a wide range of meaningful opportunities for disabled people of all ages on the site, regardless of ability and need, and this will be available from August/September 2014.



My Life was established in 2012 by local entrepreneur Caroline Tomlinson, as a social enterprise offering something different to local people. Caroline lives in Appley Bridge, Wigan and has three children; her eldest Joe has complex disabilities. Caroline has vast experience of creating a wide range of meaningful opportunities for people who need support, she is an expert in personalisation on a national and international level, a well-known author and speaker, a Registered Manager with the Care Quality Commission, and is a qualified riding instructor. She has been working on creating this opportunity over the past year with local businessman Martin Ainscough and has decided to put all that she has learned over the past 25 years into this new venture to make a **BIG** difference to local people. The new venture is being launched at the same time that Caroline is being recognised as one of 25 'Mothers of Innovation' in the world, in a piece of research funded by Nesta.

The new venture will consist of workshop style opportunities, both indoors and outdoors, including a musical theatre company, country crafts, outdoor education, health and wellbeing sessions, holistic therapies, rambling groups, a community choir, laughter therapy, field sports, home farm cooking, jam making, sewing, quilting, beach games, outdoor sculpture, carriage driving, decorating and carpentry, to name just a few. We will be offering full-day and half-day sessions, which will be facilitated by experts in their field and will be open to everyone, regardless of ability. The site hosts two fully accessible accommodation facilities, which can be used as an alternative to respite.

We will also be running inclusive holiday clubs for children and young people, wellbeing sessions, luncheon clubs and afternoon tea dances for people of all ages. Our programme of opportunities will be produced quarterly in advance, to ensure we keep the workshops fresh and inviting for everyone.

You don't have to be a My Life member to attend, but our members will get priority for places on the workshops and discounts for everything on site. You will need to bring your own support (if you need it), or support can be provided by our skilled team.

The workshops will be competitively priced and will vary, depending on if you bring your own support or if we provide it.

We anticipate most people will use their personal budget to pay for this and we can help you to think about how this could work in your individual circumstances. We are also happy to work with people who self-fund their care and we will be offering workshops for the general public too. Our prices are based on simply running the organisation and are not for profit.

The concept is built on our 'together we are better' approach, so that everyone has the opportunity to contribute. This could mean that over time that we don't just deliver on site, but people have the opportunity to use their learning in a variety of ways in the wider community, fully supported by us of course!

Our mission is to work in a person-centred way with each individual, enabling them to flourish and be part of being involved in something really innovative – encouraging our give, gain and grow philosophy.

If you are interested or want to find out more, contact the My Life Team and we will arrange a visit to tell you how it works, listen to your ideas of what you want, and to arrange for you to come and visit the site. We expect a huge demand for this very exciting new venture, so priority will be given to members of My Life.

Phone: 01257 252288
Email: info@my-life.org.uk

Follow us on Facebook/Twitter for the latest updates. Our new website is currently under construction, so in the meantime visit **www.thompsonhouseequestriancentre.co.uk** to see photos of the site.





Become a Member

Your name:

Address:

Postcode:

Phone:

Email:

If you are a parent/carer, please give the name of your child and their DOB

If you are a PA/support worker, enabler, etc. please say who you support

What skills and talents have you got that you could share with others?

There are lots of benefits to My Life membership. What things are you particularly interested in? (please tick)

- Meaningful things to do during the day
- Getting help to find and keep great support staff
- Having fun, making new friends
- Trying new things
- Training and learning opportunities
- Having access to information, advice and support networks
- Volunteering/sharing my skills and talents
- Getting help to start my own small business
- Pooling my personal budget with others to get maximum benefit
- Attending the annual 'Inclusive Community Experience' (ICE) and other great events
- Other (please state)

Your signature

Date

Membership of My Life costs just £5 per month by standing order, or £60 per year.

PAYMENT METHOD – Please tick one box only

- By standing order** – to Lloyds TSB, Market Street, Standish, Wigan
Account No: 16090760. Sort code: 30-62-62
- By cheque** – please make payable to 'My Life Social Enterprise CIC'
and post to: My Life CIC, 1 The Vale, Appley Bridge, Wigan, WN6 9HD.