

Welcome to Fore!

We have been so busy as an [Organisation](#) it has been well over a year since we did a newsletter.

So as we enter a New Year, I hope you enjoy our little catch up.

Steve Gorman, Editor



Berlin September 2010

With Studio III hosting another International event towards the end of 2012 in Denmark, we thought we should [re-visit our German event](#), held at the Dietrich-Bonheoffer Conference Hotel.



The Berlin conference was well attended and proved to an undoubted success. Studio III would like to thank all presenters for their rousing moments and of course to the delegates without whom we would not have had a conference and also would not have the inspiring conversations.

Here are just a few of the comments we got...

Berlin was a great event - it was so good to see people from so many different countries and cultures being brought together by their passionate belief in the right to a good quality of life for the very vulnerable people we all work with. It was a great opportunity for networking and socialising and we certainly did do a lot of both!!! I met some great new people and met up with some old friends - can't wait till Denmark! (Linda W)

It was a great if short experience to go to the 3rd international conference in Berlin. Whilst I was unable to attend day one. I did gain hugely from the rest of the conference. It was especially good to experience all the presentations about studio3 in different countries.

As is always the case at these events it is the networking that causes the exhaustion, so I

would like to say thank-you to all of you. I value the time to catch up with trainers I had not seen in 10 weeks or in some cases over 10 years. Interesting how in such a long time how people sometimes only change their hair colour. (Des)



Well firstly Berlin was just great. I was lucky to be there as part of western care and with the Irish group who it should be said were just the type of people you need to be stranded with in Berlin. The conference also brought so many similar like minded people together sharing the same vision but possibly on different paths to achieve the same answer. I think Studio III is so fortunate to have so many like minded people who share the same passion, maybe the reason Moses; sorry I mean Andy handed down the Ten Commandments sorry, I meant low arousal approaches.

I think the knowledge sharing that took place between the group was amazing - great positive interactions a willingness to share and receive others opinion was all so evident. I have to say I really enjoyed and felt secure that our international colleagues are so friendly and encouraging that being part of this giant Studio 3 jigsaw is an honour , , and so to all involved in this finely tuned motor I thank you dearly (Jarlaith, Ireland)

We liked meeting everyone.

It was nice to get a glimpse of what is going on in other countries

You Studio III guys were very good hosts and we felt very welcomed. It was nice with the informal gathering. We felt confirmed in being on the right track

(Agneta Castenberg, Sweden)

And finally we do have to leave the last word to an Irishman.....

The Berlin Conference – An Irishman's Perspective

Paul Phillips, Brothers of Charity, Galway

First things first, it's always great to get the opportunity to attend an International Studio 3 Trainer's event, I haven't been at a bad one yet, and even if the speakers were only to read out a telephone directory, the delegates would still be guaranteed a very inspiring and energy sapping couple of days. I ought to know, I've been to such places as Dublin, Bournemouth, Malta, and most recently, of course, Berlin in my continued pursuit of excellence as Studio 3 trainer, not to mention renewing old friendships and making new friends. The Berlin event was, without doubt, a very enjoyable, absorbing and thought provoking experience and, for me, a number of things really stand out.

Firstly, I was amazed by how much the ranks of qualified trainers have swollen since the Malta event, and the degree to which Studio 3 has increased its presence across Europe. While this is very welcome, and a sign of great progress, I kind of miss the 'early days' when most of us 'seasoned' trainers knew one another intimately (sometimes too well!!). But hey, I know, I need to move on with the times and accept the fact that Studio 3 is going global!!

Another thing I noticed was the increased specialisation of Studio 3 into the area of ASD and, based on the quality



Berlin conference, I would predict that Studio 3 will become the leading provider of training, innovation and research in the field of autism throughout Europe, and beyond, in the years to come. I was very impressed with the talks given by Dr Michael McCreadie, and (needless to say!!) Dr Andy McDonnell, particularly the focus on understanding stress as experienced not only by service users but those people who try to support them. In many ways developing strategies and

expertise in stress management holds the key to the overall management of challenging behaviour and the enhancement of quality of life for all concerned.

Studio 3 are also blessed with the addition of Linda Woodcock to the team, her talk on training for families was really helpful and it is so good to get a parent's perspective first-hand. Our service has delivered 3 parent courses to date and there are a number of things we will now do differently and better for the next course. Thanks Linda!!

I am also delighted to see how Studio 3 are synthesising the inputs from many different disciplines such as psychology, physiotherapy, speech and language therapy, occupational therapy, social work, etc.. This was very well reflected at the conference, and I particularly enjoyed the inputs of Kirsten Bundgaard, Rositta Symalla, Mikel Sornas, Mark Dean, and Liz Meirwell.

So, from a professional development perspective, the conference had loads to offer, but it wasn't all work! The evening buffets at the hotel were a great opportunity for

people from different countries and backgrounds to network and mix, and then onwards for the extra-mural activities - aka the Oscar Wilde Irish Pub!!! The international (Eurovision) sing-off was won by the Irish delegation (Andy has green blood in his veins), as was the dance-off, karaoke-off, drink-off and sleep-off. A certain Scotsman kept up the pace reasonably well, but fell by the wayside a couple of times with the finishing line in sight!!

Another highlight was my participation in the Berlin Marathon along with Martin Galvin (the hairless one from Dublin!!) on the Sunday morning as part of our long journey back to Ireland. We didn't quite run the 26 miles but, when confronted by a long line of runners preventing our progress home, we slung our bags over our shoulders, joined the passing throng and scurried the 15 meters across the road, breathlessly reaching the other side without breaking stride!

All in all, a fantastic couple of days in the beautiful city of Berlin and a warm thanks to all involved for making it so memorable!! Go raibh mile maith agaibh!!

Acting up in University!

In the last edition of Fore! We told you about the work I have been involved in at Birmingham City University. I have been working with the University's Nursing Branch on a number of projects. One project was providing role-play scenarios for the University's e-learning system so that students could access these assimilations online at anytime. The basis of my



scenarios was that of an individual with an intellectual disability in a number of situations that had potential challenging consequences. These were filmed and placed online so that students had choices in what they would do and depending on their response the outcome was played out in front of them on the screen.

My role in training at Studio III involves role-playing, but to role-play in front of a camera with a professional crew was a new experience.

In order for this to work, I had to be filmed in front of green sheets, just like they do on any high budget Hollywood blockbuster. Except I'm no Tom Cruise (for those who know me, more Hobbit from Lord of the Rings) and this was downtown Edgbaston, Birmingham not downtown Burbank, Los Angeles! Filming in front of the green sheets lets the film crew create a CGI (Computer Generated Image) of the environment around me.

The environment they have created is a house. My roles (and that of other role-players) would be imposed into the house and students can interact with the environment.

Now I do have to say this was not a big budget piece of filming. No Winnebago in the car park (I changed in the toilets), no outdoor filming canteen (just a sandwich from the canteen) and even no make up (although I don't need it even if I say so myself). But what we did have was a cameraman, an expensive looking camera, a sound engineer and an assistant. Oh and Fiona Rich, Lecturer at BCU and project Co-ordinator- cum- Executive Director!

We filmed on a number of occasions. The format usually consisted of a loose script to improvise over, camera and sound checks. Then we went for the takes. I soon got into movie speak and the words "ACTION!", "CUT!", "Lets to it again!" and the famous "That's a wrap!" started to roll and well as the cameras.

The one occasion that stands out for me was the day we filmed me having a seizure. The plan was for me to be seen hitting my head on the sink as I fell. What this meant was a table with a green sheet laid over it so that once in the editing suite they would replace the green sheeted table with a sink.

So we padded the table up with towels under the table, mainly because I realised I was doing my own stunts and that my understanding would be that green sheet or no green sheet, hitting my head on a table would hurt.

The next issue was that it needed to look “realistic” said the director. So a close up was required. An assistant sat behind me, I’m on my knees at this point, not begging of course, but with him, holding onto my shoulders as I leaned forward near the table.

The Director said action! And I was let go and my head fell towards the padded table and the shot was in the bag!

“Let’s do that again” he demanded. In fact he demanded we did it half a dozen times! So finally half concussed he declared that’s a few good takes we can work with!

The experience was worth while though. The finished product looked outstanding and has proved to be a worthwhile learning tool. It is hoped with further funding the virtual house could be expanded even further to include more scenarios for students to ponder over.

The second project I have been fortunate to be involved in at the university has been assimilating certain situations not just for student nurses within the learning disability branch but for other branches of nursing. So far we have exposed situations to students from dental, ODP (operating theatre staff) and general nursing. The goal of these assimilations is to expose students to people who have exhibited stress during common procedures they will routinely deliver (i.e. taking blood pressure, pulse, and giving oxygen to name a few).

What I have been most impressed with in each of the disciplines is the manner in which these students have addressed and coped with the challenges we have given them. We are talking about 1st year students in the early weeks of the training, They have yet to venture out into placements, exposed to the normal challenges they will face and here they were, dealing with an individual with a learning disability in a value based way and a low arousal approached way. For me it has been a reassuring experience.

Steve Gorman

Hello and Goodbye

Since the last edition, we at Studio3 towers have had a few changes. So its good luck, best wishes and welcome to the following

The goodbyes

Beth Key

Beth was one of our senior behaviour specialists in the Clinical Team. She has moved on to complete her psychology studies.

Sarah Searle

Sarah was the admin hub in the Bath office. Sarah dealt with some of your queries and if you have over the past few years had a certificate or handbook from us, it would've been created by her very hands. Sarah has moved onto pastures new working in pharmaceuticals.

Katherine Deans

Kat was one of our Assistant Psychologists. She has moved onto begin her clinical training at Exeter university

The hellos

Michael McCreadie

Michael has recently joined the clinical company as Consultant Clinical Director and already has had the opportunity to meet with colleagues from the UK, Ireland and Scandinavia. As well as providing supervision and supporting services, his day to day work involves direct work with children and adults who not only have autism but also have very complex needs and additional diagnosis. We are also lucky in that he has able to maintain some links with the NAS and we hope to develop those links further in the future.

Paula Creese

Paula has taken over the admin hub baton from Sarah

Kit Howe

Kit joins us having worked mainly in schools and children's residential services for Children with Autistic Spectrum Disorders.

Fiona Moss

Fiona joins the Training team with an extensive background working with individuals in a variety of care settings

Clinical Team have also had new colleagues joining

Emma Frost

Emma graduated from Sheffield Hallam University in 2009 with an undergraduate psychology degree. Before joining us Emma had been working in a variety of care and supported living settings, supporting a range of individuals with physical disabilities, learning disabilities and Asperger's syndrome.

And finally a welcome to Jalpa Babla and Shazia Khawaja

Studio III Towers has moved

In 2011 we moved our base from Bath up to Alcester in Warwickshire. Our new Headquarters gives us the opportunity to host seminars.

Studio III,
Minerva Mill Innovation
Centre,
Station Road, Alcester,
Warwickshire, B49 5ET



Our phone number remains the same : 01225 334111

Panorama

Back in May, the BBC's Panorama programme aired an undercover investigation documentary into the systematic abuse and bad practice at a care home in Bristol. For those



of us who watched the programme, it showed some truly awful practice and became a wake up call for the care industry as a whole, with its ramifications rippling out through the coming year.

Further comment on Studio III's perspective of abuse can be found by following the link studio3.org/winterbourne

Atlass

In 2011, Studio III launched Atlass..

ATLASS was formed by a group of practitioners with many years experience working with individuals with autism, their families and agencies who support them. In our work we recognise that autism not only affects the individual but also those around the individual and we therefore take a holistic approach to support and intervention.



We have become increasingly aware of the role that stress plays for the individual with autism, their experience of their symptoms and for their family and carers. We have therefore developed a range of services which specifically acknowledges the management of stress and the development of coping skills as an essential part of the therapeutic process. atlass.org

5 Minutes with... Linda Woodcock

[Linda](#) is the lead for family training with Studio 3

1 - What drew you into a career in care?

My cousin had Downs Syndrome and I also volunteered at the Leonard Cheshire home in Oxford when I was at senior school as our house was named after him. Although I worked in other areas I always came back to care in the end.

2 - What do you find most rewarding?

When I am working with staff and I witness the light bulb moments

3 – What is the greatest challenge you find in your work?

Trying to change the hearts and minds of staff in a climate of cutbacks, low pay and low moral



4 - What do you like to do to wind down?

That's a concept I am not familiar with.

5 – What's your biggest bugbear?

Apathy – if you can't be bothered then go work with boxes – not vulnerable adults

6 - What made you choose to work for Studio3?

I didn't - it chose me. Best move I ever made though

7- Favourite food

Fish – if it swims in the sea I'll eat it

8 - Favorite music

Depends on my mood, nothing like Motown to take me back to my youth though.

9 - Describe yourself in 1 word

Tenacious

10 - Favourite holiday destination

Has to be France – we love it there, and the best wines in the world helps!

Studio III Conference - Denmark



This year's conference will be held in Aarhus, in Denmark towards end of September. Keep checking our [website](#) through the year to get updates on this. Hope to see you there