

# catching LIVES

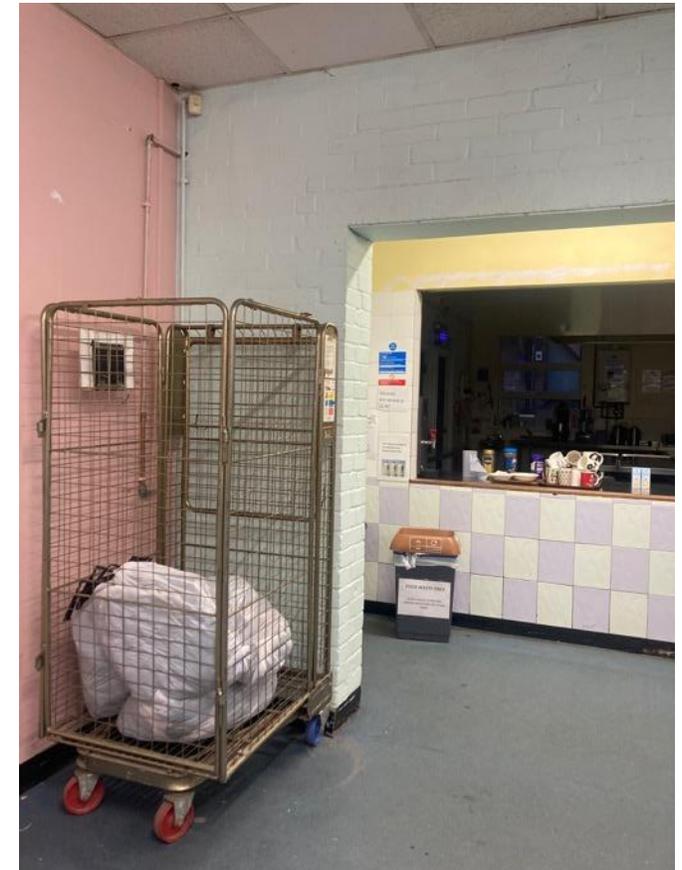


**Making our day centre building more trauma informed**  
Tasmin Maitland, Chief Executive





Communal area, reception & main entrance



Rag recycling cage in communal area



Flimsy partition wall for showers & toilets



Main entrance porch



Knock for access



Blackboard wall of stats (and cobwebby corner)

# 2022 – issues with the building



- Functional – metal cupboards, lots of clutter
- Poor state of repair
- Showers & toilets cold, mouldy, broken tiles
- No dry space to get dressed
- Frequent roof leaks
- Single glazed windows that didn't open
- Lack of natural light
- Porch / airlock, scratched perspex reception window
- Main door opens directly into communal space
- Lack of privacy at reception
- Pinch point around reception / main door
- Donations piling up, cage full of binbags for rag recycling
- Cobwebs, dirty corners, dusty surfaces

# Trauma informed planning via Capital Capacity Fund 2023-24

Homeless Link and Albert Hunt Trust funding:

- Architect plans for a trauma-informed design of the interior
- Costed by a quantity surveyor
- Consultancy support to assess contingency and project management needs

Requires significant funds

Situation with the leased section of our building has to be resolved

- We had to improve the building within our means, rather than waiting until we could achieve a truly trauma-informed space

# Trauma informed planning with Lee Evans Partnership



## ENTRANCE & SOCIAL AREA

Catching Lives

### Secure Entrance Area:

- welcoming and spacious
- clearly defined/secure
- bench seating
- enables informed decision to enter into reception/main area
- provides transition area to avoid overwhelming
- wheelchair accessible

### Flexible Area:

- raised and pitched ceiling, lined with birch ply
- introduced natural light with light wells and breakthrough external gable end with a glazed circular feature
- seating & space arrangement
- curved spaces
- planting
- mix of large feature cluster pendants and wall lighting

### Breakout Space:

- Opened up extra space for client use, bringing views and natural light into the main space
- booth seating provides choice, IT spaces, and interaction opportunities



# 2023-6 – what we've improved



Using unrestricted reserves and some small capital grants:

- New showers and toilets
- Partition replaced by open shelving
- New flat roof that doesn't leak

Government VCSE Energy Efficiency Scheme grant:

- LED lighting
- Double-glazed windows

Donation in kind for advertising banner on our building:

- Deep clean of interior

Following team restructuring, including making a role redundant:

- Cleaner 2hrs every weekday

# 2023-6 – what we've improved



## Free or low-cost changes:

- Constant de-cluttering
- Removed metal cupboards and shelving
- Blackboard wall to illustrate our services (by a local artist)
- Moved noticeboard to another wall
- Posters re-formatted with easy-to-read information & QR code
- Artwork framed and hung with care
- Taking down out of date posters, leaflets etc
- More visuals e.g. about activities, OT student placement
- Re-painting scuffed internal doors





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# What's an OT student doing here?

## Meet The OT Students



Sanky



Clare

We are here until: Thursday 3<sup>rd</sup> July

Learning through helping. Supporting anyone - whatever that looks like to you!

## What working with us looks like

- Casual chats.
- Listening to your story, if you want to share.
- Sharing ideas.
- Doing activities together.
- Listening to understand the things that matter to you.

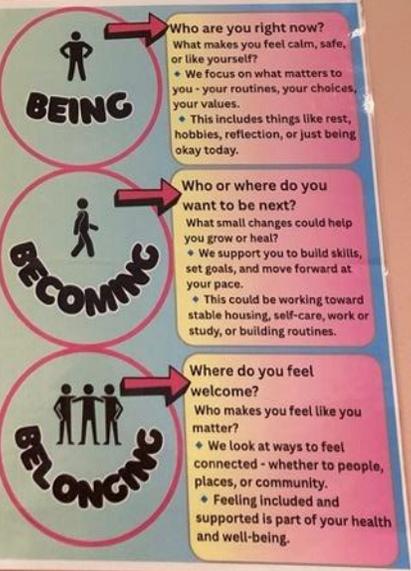
## What is Occupational Therapy?

Helping people to do the things they need and want to do in their daily lives:

**Meaningful Activities:**  
We help you explore and build daily routines and activities that matter to you, things that support your health, well-being and sense of purpose.

**Looking at the Whole Picture:**  
We work with you by considering your goals, your environment, and your daily life, not just one part, but how everything fits together.

**Supporting Long-Term Goals:**  
Whether it's managing your day, taking care of yourself, getting into volunteering, work or training, or feeling more connected.  
We are here to support your journey.



Doing - Engaging in meaningful activities that support daily life, build skills, and bring purpose

ACTIVITIES	
MONDAY	Men's afternoon.
TUESDAY	Games Cookery Class
WEDNESDAY	Trip to Whitbread Comhairle Gardens.
THURSDAY	Nervous Drawing
FRIDAY	Yoga
SAT/SUN	

**Women's Afternoon**  
Mon 4, 30<sup>th</sup> June 2025  
2 - 4pm

**SHARE YOUR VOICE!**  
We want to hear from you. Tell us what you'd love to see at future women's afternoons - activities, treats, support, or simply ideas.

Exclusive use of the showers  
Women only space  
calm safe and welcoming

Whether you stay for 10 minutes or the whole session, you're welcome.

Optional beauty treatments

**Activities** Help us shape them

- Arts
- Crafts
- Cooking
- Trips Out
- Games
- Gardening
- Music
- Relaxation
- Or Something Else?





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# 2026 – some things haven't changed

- Need to replace chairs and tables in communal space
- Office doors still have signs that say “Interview Room”
- No soft/low level seating in offices
- Still the porch/airlock and scratched window
- Lack of natural light in communal space
- Clutter from donations and the rag recycling cage
- Building needs fresh paint – exterior and interior
- Signage needed at the front door



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