



a great place to be!

Welcome to The Fifth Trust!



Read on to find out who we are, what we do, and all that we offer!

About us

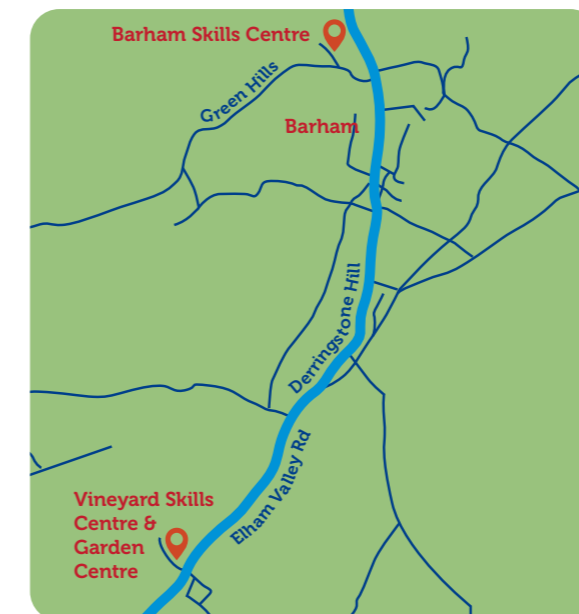


Every day we encourage and challenge our students to do and be the best that they can.

The Fifth Trust is a charity in Kent supporting adults with learning disabilities. Our students can choose from a wide variety of activities on offer at our two skills centres in the beautiful Elham Valley near Canterbury every weekday, all year round.

As well as learning and being creative in small group sessions led by experienced instructors, students can also work alongside staff in our social enterprises, the Vineyard Garden Centre and Café. Here they help display and care for plant stock, prepare food and serve customers. Students also go out and about in the local community as members of our log delivery and garden maintenance teams.

All of this helps them develop essential life skills and the confidence to make their own decisions, both big and small.



Our skills centres

The Vineyard Skills Centre is also home to the Vineyard Garden Centre and Café – and, as the name implies, a productive vineyard which horticulture students help to tend.

Just two miles away, the Barham Skills Centre was completely redeveloped in 2021/22 following a six-year, £2m fundraising campaign. The award-winning centre offers light, spacious and fully accessible classrooms and a large amenity hub which we use for having lunch together, running activities, holding meetings and staging exhibitions.

Horticulture

The Fifth Trust's horticulture department offers a wide range of work-based and hands-on activities for gardeners of all abilities.

At our Barham Skills Centre we have a large, purpose-built propagation unit for growing our nursery stock and a market garden producing fruit and vegetables to keep our café kitchen and garden centre stocked with fresh produce throughout the year. Students learn all about the plant lifecycle and how to use garden tools. At the Vineyard Garden Centre, students help care for, display and sell the plants they have grown.



Time spent in the market garden, plant centre and polytunnels is backed up by optional classroom time, where students can gain an in-house qualification. Those interested in the natural world can also take part in the John Muir Discovery Award, which encourages people of all backgrounds to connect with, enjoy and care for wild places.

Many of our students choose to work in our garden maintenance team. Led by a qualified and experienced team leader, they take on all types of work in the local area – including weeding, grass mowing, planting, garden clearance and small tree work – for both private and commercial customers. Horticulture students can also join in on log deliveries.



Art & Design

Everyone gets something from our creative sessions – art, design and print.



We give students the freedom to express themselves using a wide range of different media and techniques, from paintings and intricate collages to detailed models and screen-printing. Some of our artists produce new work every session, other pieces take months of careful concentration.

As with all our activities, class sizes are kept small so our instructors have time to help each student.

Some of our students' creative work is offered for sale at the Vineyard and at local craft fairs. All profits are used to buy art materials and fund new projects.

We also arrange trips to art galleries, museums and exhibitions.



Craft

We use sewing, needlepoint, rug-making, cross-stitch and many other material crafts to develop creative skills.



Students are encouraged to bring their own ideas to the session and are helped to choose a medium they are comfortable working in.

Long-term projects may take up to a year to finish and the sense of achievement is enormous, especially if the finished article goes on to be sold in support of The Fifth Trust.



Woodwork

Our well-equipped workshop and commercial Wood Shack give students the opportunity to learn practical woodworking skills.



Under close supervision by skilled instructors, students produce a wide range of pieces for sale in the garden centre, including bird tables and nesting boxes.

At the Wood Shack, they are involved in making larger items including log stores and garden furniture, made to our own or customers' designs.



Pottery

Pottery sessions give students a tactile and creative experience that can be extremely therapeutic.

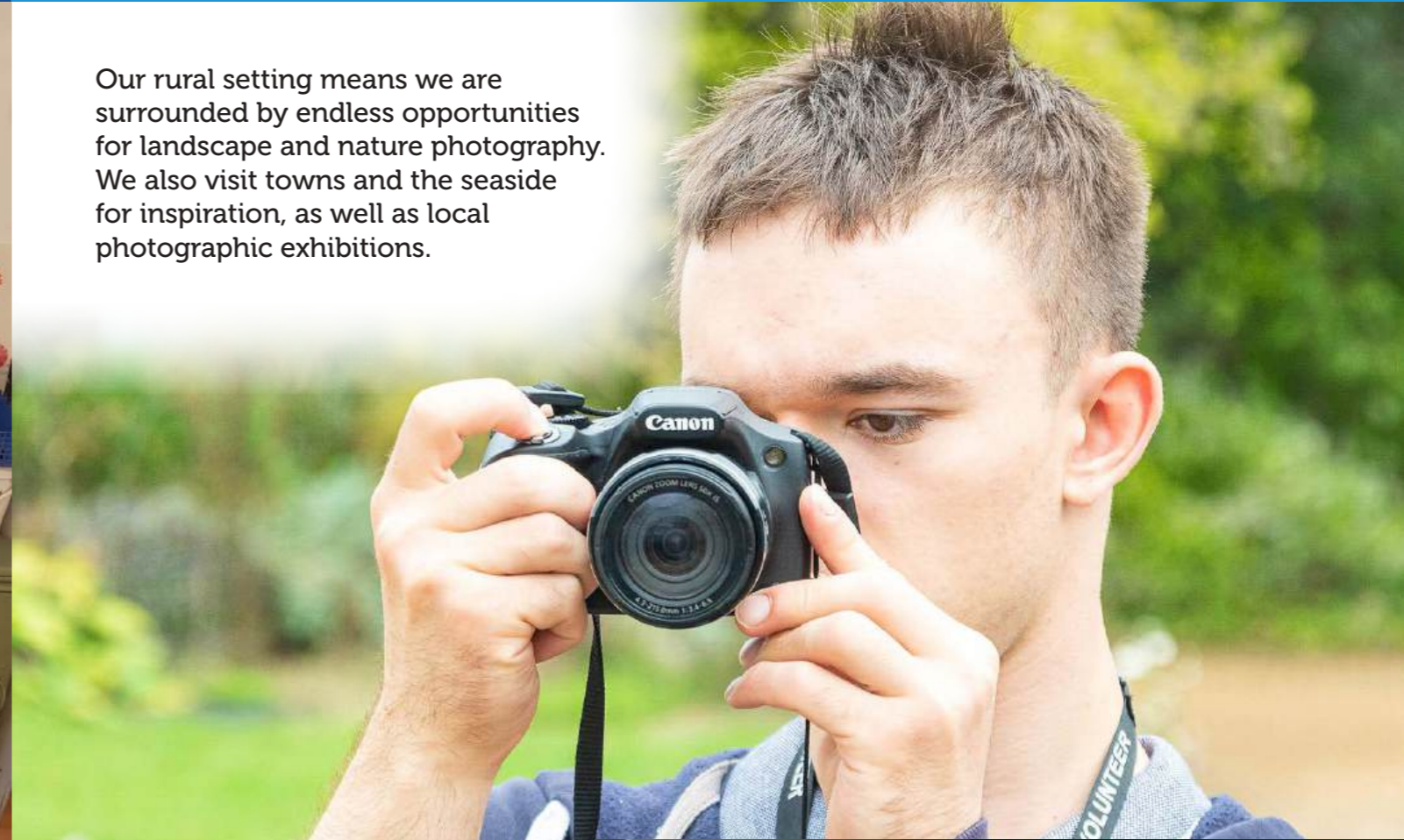


Photography

Students learn about and practise all aspects of photography, plus we have a range of different cameras, photography equipment and online resources for them to use.



Our rural setting means we are surrounded by endless opportunities for landscape and nature photography. We also visit towns and the seaside for inspiration, as well as local photographic exhibitions.



We encourage students to explore a variety of methods, from coil and slab pots to using the potter's wheel.

Pieces are decorated using lots of different techniques and materials before being fired in our kiln. Pottery is a popular student range sold at the Vineyard, local events and our annual craft fair.



What do we do at The Fifth Trust?



Learn how to use a computer



Design cards



Deliver logs



Build woodland camps



Grow plants



Work in the café



Bake cakes



Paint pictures

...and much, much more!

Music

Our music sessions provide a strong therapeutic and sensory experience – and lots of enjoyment!

We have a well-equipped room where students listen and sing along to all kinds of music and learn to play instruments, and which we transform into a disco complete with a glitter ball and coloured lights.

Students can also record their own music and podcasts with state-of-the-art recording equipment.



Cook Club

Cook Club makes the popular Elham Valley Vineyard range of jams and chutneys and also supplies the café with delicious cakes and scones.

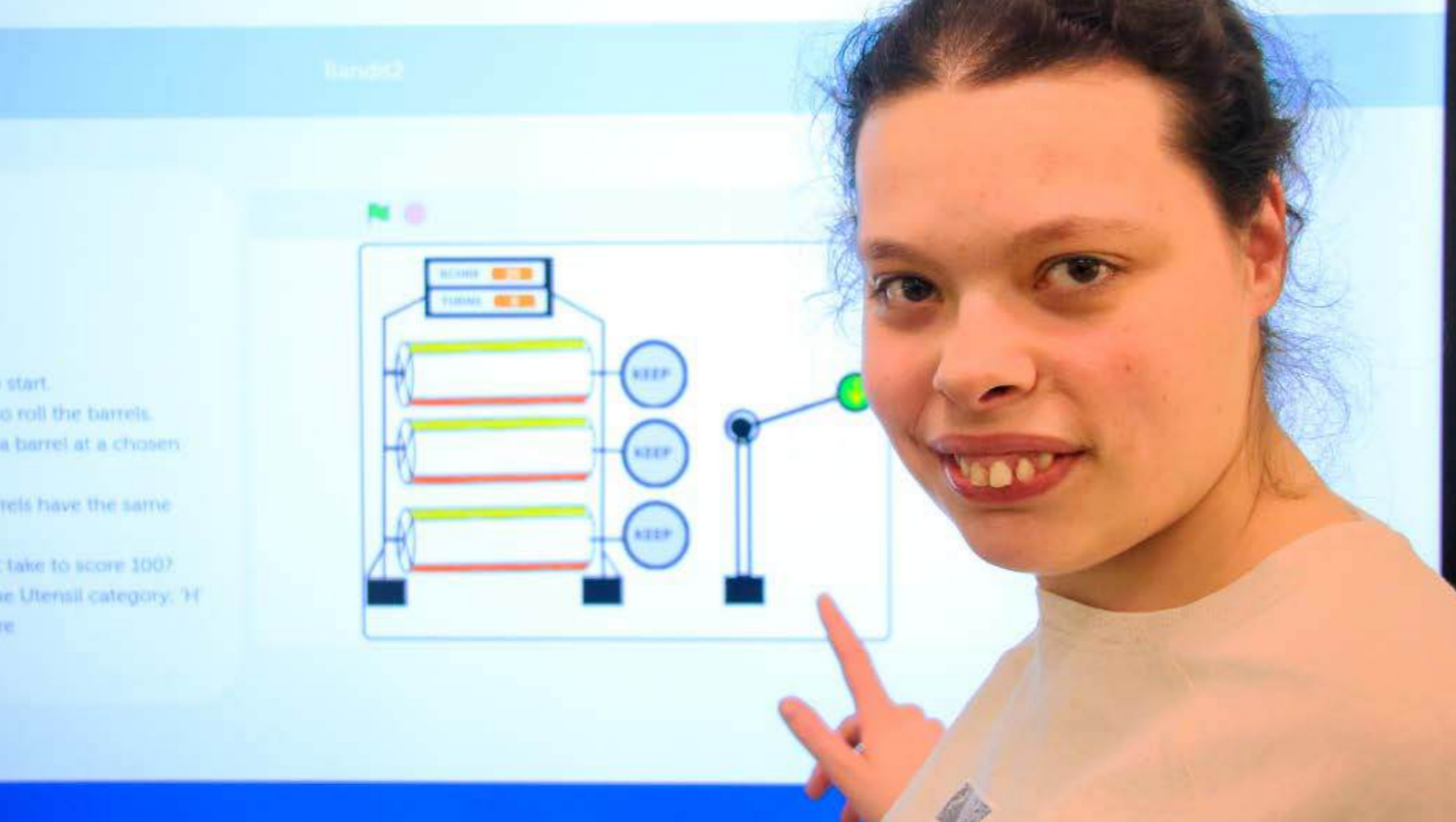
We teach a whole range of cooking skills to help students become more independent, starting with the basics - like measuring out ingredients, food hygiene and simple baking - leading on to following more complex recipes for those who are interested. The session is a pathway to working in the Vineyard Café, in the kitchen, serving customers and using the till.



Media

Students develop core skills such as numeracy, literacy and reasoning while learning digital skills using desktop computers and tablets.

Guided by the instructor, students play educational games designed to help them tackle day-to-day life challenges. For the more digitally confident, there is the chance to learn how to use word processing and publishing software and contribute to our own publications and Fifth Trust Connect, our online video service.



Life Skills

Today young people with learning disabilities are far more likely to live more independently than previous generations.

Through our life skills programme we give students the knowledge they need to tackle daily tasks including cooking healthy meals, budgeting, paying bills and housework.



It's not only those moving into independent or supported living who benefit. For students still living with parents or in residential care, learning how to prepare a meal or make everyone a cup of tea is hugely satisfying.



Multi-skills

In Multi-skills, our students work across a range of different activity stations in the Bradbury Hub.

The variety of tasks stimulate the senses, promoting calmness and focus, as well as improving dexterity, communication, and wellbeing skills.

Our students also have access to an award-winning sensory room in their sessions. The room is a tranquil space full of coloured lights, gentle sound, different textures and the mesmerising movement of bubbles.

Multi-sensory spaces have been shown to benefit people with autism, ADHD, cerebral palsy, Down's syndrome, and developmental challenges.



"The sensory room makes me feel happy and relaxed."

Claire

Sports

In their sports sessions, students partake in a variety of fitness activities to promote physical and mental wellbeing, teamwork, and motor skills.

In the UK, people with learning disabilities are twice as likely to be inactive when compared to non-disabled people. Our sports sessions are a fantastic way for our students to get moving and grooving around.

Our sports instructors tailor the activities to the individual needs of each student, allowing them to develop their abilities at their own pace.

The sessions take place on-site at The Fifth Trust, as well as out in the local community.



Social enterprises

To raise additional revenue to fund the quality and breadth of services we seek to deliver, we have developed our own social enterprises.

Our social enterprises are located at the tranquil Elham Valley Vineyard.



The Vineyard Garden Centre and The Vineyard Café are both limited companies owned by the Trust, with any surplus generated by the two operations reinvested to support our work with students.

Importantly, both provide work opportunities for students, as well as selling what they make and grow.



Our Vineyard Garden Centre is well-stocked with a selection of bedding and fruit & vegetable plants, perennials, shrubs, trees and everything needed to keep our customers' gardens looking their best. At the garden centre, our students get stuck in with a range of different activities - from serving customers, to propagating plants and stocking the shop floor.



The Trust also operates a garden maintenance service for commercial and private customers, the Wood Shack – offering bespoke wooden furniture made from sustainably-sourced trees – and log sales. Our students work alongside expert instructors on rewarding projects, serving the local community and beyond.



The Vineyard Café serves delicious homemade food using locally sourced produce and our own homegrown vegetables. It is open for breakfast, lunch and afternoon tea, as well as takeaway.

Here, our students gain valuable work experience as they cook, operate the till, and serve food to members of the public.



Outdoor Active

Outdoor Active offers students a totally different experience, learning bushcraft skills such as campfire- and shelter-building in nearby woodland.

Led by a Forest School-trained instructor and rigorously risk-assessed, the session demonstrates what the great outdoors has to offer and encourages participants to try out ancient arts including whittling. Specialist equipment enables students to safely join in physical activities like log-splitting and sawing.

Outdoor Active aims to build students' confidence and communication skills while enjoying outdoor adventure and observing nature up close.



Fifth Trust Connected

Our specialised programme of courses designed to help adults with learning disabilities develop new and transferable skills.

AQA Unit Award Scheme

Chosen for its flexibility and wide range of opportunities, The Fifth Trust has developed bespoke AQA Unit Award Scheme courses. They equip adults with learning disabilities with a variety of different skills, from life skills such as employability, to practical skills such as gardening. The courses are a flexible and accessible way for learners to have their achievements formally recognised by the AQA accredited awarding body.



All Stars Academy

Our All Stars Academy has been developed by The Fifth Trust instructors to offer students with learning disabilities the opportunity to dive deeper into subjects they are interested in. Students receive internal recognition and a certificate upon course completion.

FTConnect

FTConnect is an online learning hub which offers popular courses including cookery and art, how-to videos presented by our instructors, storytelling and fun life skills games.

It is free for students of The Fifth Trust, and as a subscription service to learning disabled users who do not attend our skills centres.



But when she hauled the net aboard, all she found among the flapping

Find out more at www.ftconnect.org

External qualifications

We encourage students to extend their learning.

As well as our own courses in horticulture, catering and life skills, we are happy to help arrange external qualifications for students who are interested in extending their learning, including the option of an apprenticeship.

We have mutually supportive relationships with the University of Kent, Canterbury Christ Church University and Canterbury College, whose students have placements or volunteer with us.



How we are financed

Our social enterprises and fundraising activities generate additional income to support our services.

The majority of our student places are funded by Kent County Council and other local authorities and we also welcome students who are funded privately. However, because we offer such an extensive range of activities, student fees alone are not sufficient to fund everything we do.

We generate additional income through our social enterprises – the Vineyard Garden Centre and Café, Wood Shack carpentry studio, log deliveries and garden maintenance, all of which provide work opportunities for students. We sell Elham Valley Vineyard wines and preserves, and some of the art, crafts, pottery and woodwork our students create.

We are also grateful for the donations and support we receive from the public, companies and other charitable bodies.

The Fifth Trust is a charitable company limited by guarantee. It employs a chief executive officer who manages a senior staff team along with instructors. Our trustees are unpaid and do not claim expenses.





Thank you to all the students who feature in this publication.

Contact us

To find out more, visit
www.fifthtrust.co.uk

If you have any questions or would like to arrange a taster day,
please call us on

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