

# Summer NEWSLETTER

JUNE - SEPTEMBER 2026

Hi everyone,

Summer has finally arrived (or at least that's what the calendar says; the British weather might still have a few surprises for us!).

With longer days ahead, it's a great time to enjoy a change of pace and make the most of the season. Whether you're looking forward to a holiday, spending time with friends and family, getting outdoors, or simply taking some time to relax, there's something for everyone to enjoy.

We hope you have a lovely summer, and that this newsletter offers you ideas and inspiration to make the most of the season.



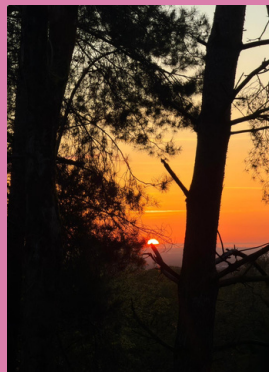
## WHAT WE'VE BEEN UP TO



Since our last newsletter, where we mentioned that May was National Walking Month, we set ourselves the goal of taking part in the '100 Miles in May' challenge.

Clients, their support teams and colleagues at ACM got involved, and together we managed to achieve a total of **579.73** miles walked in May!! What an achievement as a team!!

Below are some pictures that people have shared from the walks and adventures they have been on.





# WHAT'S ON THIS SUMMER



There is a lot going on throughout the summer. On this page, we have outlined some ideas for activities and dates to add to your diary.



**World Music Day - 21 June** celebrates the joy of music and encourages everyone to get involved. Whether you listen to your favourite songs, sing, dance, or try playing an instrument, it's a chance to enjoy the positive impact music can have on your day.



**International Friendship Day – 30 July** celebrates the value of friendship and connection. It's a great opportunity to reach out to a friend, spend time together, or simply let someone know you appreciate them.



**World Photography Day – 19 August** celebrates the art of capturing moments and memories. Whether you use a camera or a phone, it's the perfect excuse to take photos of the people, places, and things that bring you joy and share your favourite snapshots with others.

**\*\*DON'T FORGET TO SHARE SOME PICTURES WITH US IF YOU WOULD LIKE THEM TO BE IN THE NEXT NEWSLETTER\*\***

**Summer Food Festivals** run throughout the summer. They're a fantastic way to sample local food and drink and enjoy a lively atmosphere. There is something for everyone to enjoy. Why not explore what's on near you? See the list below for ideas.



- Throughout July & August – At Baltic Market in Liverpool there will be street food and live music.
- 1–2 August - Heaton Park Food & Drink Festival.
- 8 August – Clitheroe Food Festival, Lancashire.
- 15–16 August – Temple Newsam Food Festival, Leeds
- 28–31 August – Bolton Food & Drink Festival.



# ALL ABOUT YOU



You will remember from our other newsletters that our client Sam has a passion for travel. In this newsletter, Sam tells us more about his travel experiences, this time in America:



At the start of the year 2016, I decided I wanted to go to America. I planned the trip with my support worker, who came with me. We discussed where I wanted to go, what I wanted to see, and how long I wanted to go for. With this being my first long-haul flight, I decided on New York as it's only a 6/7 hour direct flight from Manchester airport.

We planned and booked everything on Expedia at the time, including flights, hotel and excursions. It was a 5-night trip from Monday to Saturday.



In New York, I did a lot of the tourist stuff, such as Times Square, Central Park, the Brooklyn Bridge, the Statue of Liberty and Coney Island, which is famous for the 1979 film 'The Warriors'.

In Philadelphia, I went to see the Rocky Steps, which are at the Philadelphia Museum of Art. I also ran up them.



Travelling around New York was very easy as we paid for a weekly pass on the subway, and this took us all around the city. I got to Philadelphia by the Amtrak train network in the USA. The travel time was around an hour and a half from Penn Station in New York.

My overall experience of the trip was very good. New York is like London; it is fast paced and busy whereas Philadelphia is a bit more laid back. The people were great, polite and welcoming. The food and drink were great too. I didn't have one bad experience.

If I was to go again, I would love to see a show on Broadway in the heart of New York!



# FROM US TO YOU



We would really like to hear from you! This could be an idea for the newsletter, something you've achieved and are proud of, an activity you've attended and enjoyed, photographs from your adventures—or even pictures of your pets.

We'd love to share these in a future newsletter.

Please send any queries, ideas, information and pictures to **katie@activecasemanagement.co.uk** or if you would prefer to speak to us, please ring the office on **01942 396 556**.

## OTHER NEWS

### Institute of Registered Case Managers

IRCM sets standards for Case Management practice and safeguarding the public.

In recent weeks we have been able to celebrate Tracy becoming a Registrant with the IRCM.



### ACM Employee Feedback

We have recently received staff survey responses reflecting a positive, supportive culture and a strong sense of value, belonging and trust. The average score was approximately 4.7/5, with staff commenting that their voice is heard, the company is always looking for ways to improve, and the team are always willing to help.



#EveryPersonEveryStory #ChampionWhatMattersKnowOurStuff #HonestConversationsStrongRelationships #WorkTogetherSucceedTogether



## A MESSAGE TO TAKE AWAY

Life is full of unexpected moments, and sometimes the best memories come from the things we didn't plan. Whether it's sharing a laugh with friends, trying something new, enjoying your favourite treat, or spending time doing what you love, it's often the simple things that brighten our days.

Make time for fun, embrace opportunities that come your way, and don't be afraid to step outside your comfort zone. You never know what new experience, friendship, or hobby might be waiting around the corner.

Most importantly, find reasons to smile, celebrate the little joys, and make the most of each day. After all, happiness is often found in the moments we least expect.