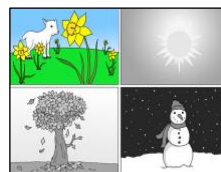


The Mag

Spring 2018



MacIntyre
Providing support...your way



A magazine for and by people who use MacIntyre's services



The Mag Group



Mary Hughes



Anthony Tull



Sharon Pratt



Sui-Ling Tang



Emma Killick



Donald Delmohamed

Welcome to The Spring 2018 issue of The Mag.

In this edition we have a story about one of our coffee shop's raffle, lots of fab art work and a selfie photo competition for you to enter and win a prize.

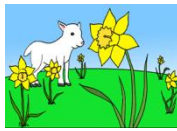


The Spring cover artwork was created by David Taylor in Warrington.



The Mag Group hopes everyone likes reading The Spring Edition and everyone enters our selfie competition.

From The Editor Mary



Contents



Pages 4 to 9

What's Happening
Around MacIntyre



Page 10

Entertainment



Pages 11 to 21

Holidays and Day Trips



Page 22

Sport and Leisure



Page 23

Hobbies and Interests



Pages 24 to 27

Food and Drink



Pages 28 to 30

Art and Craft



Pages 31

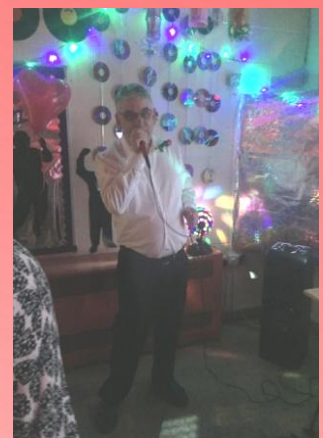
Spring Selfie Competition



Chesterfield's Valentines Disco by all at Holmewood



At our Learning Centre where we held our Valentines disco. We had been given some money from MacIntyre to have a sensory area in the hall. We brought a new speaker system, disco lights, and disco balls.



We decorated a corner of the hall with art work we designed and we all thought it looked great.

We had some space left near our sensory area and thought it would be great fun to have our very own Photo Booth for everyday use and for when we plan events. We thought it was a nice way to remember our special events.





Chesterfield's Valentines Disco (continued)



We invited all The Hubs in Chesterfield and we invited our friend from Lyncroft House.

The Valentines party was a huge success and everyone we support had good knees up. We plan events every month in March we had our St Patricks party and in April we held a 70s/80s party.





Office Services Presentation By Mary Hughes in Milton Keynes



On Thursday 14th December, there was a presentation at the Central Office in Milton Keynes for all of the Office Services assistants.

We all received a certificate for the work we had done over the last year in Office Services and we received a certificate for each Open College Network (OCN) module that we have completed throughout the year.

I was very happy with my certificates and we had photos taken with Sarah Burslem our Chief Executive Officer (CEO) at MacIntyre and Keith and Judith The OCN Assessors.



Sarah Burslem and me with Keith and Judith The OCN Assessors.



Office Services Presentation (Continued)



Jonny Howlett won the Ian Cuff Award this year and he was very pleased to get this award.



Jenny Hunt

Jonny Howlett

Sarah Burslem (CEO)

I loved watching everyone get their certificates and after the presentation everyone stayed to have a drink and a mince pie or slice of Christmas cake.





Time For Tea!



Join us for Tea 18 - 22 June

Let us know if you are hosting your own Time for Tea and we will post you a pack
events@macintyrecharity.org / 01908 357012



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Me reading 'The Mag' By Matthew Mardell From Milton Keynes



I always look forward to reading the magazine every time it comes out. One of the first things I do on that morning is to go to the board at Beanhill where the magazine is displayed to see if it has come.



I love sticking things, like tissue paper and I choose bright colours I'm very particular about my work, I like what I'm doing and not any of my staff can break my attention.



Tissue paper with bright
colours



Grease is the Word By Ian Burnie in Milton Keynes

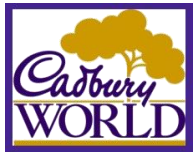


We all went to see The Musical Grease on the opening night at The Milton Keynes Theatre.



We had seats right at the front of the stage. I really enjoyed singing along to the show. I had a great time with all my friends and staff.





Cadbury World by Holmewood Community Centre in Derbyshire



A group of us went to Cadbury World near Birmingham. We had a look around the factory and we each got three bars of chocolate for free which we enjoyed.

This is us at
Cadbury world



Afterwards I went on the Cadabra ride with my friend and then we had a walk round the Cadbury World shops. I bought a bar of Bournville dark Chocolate, 1 bag of Cadbury heroes and 1 bag of caramel nibbles.



I then went on the simulation ride which is like a Roller Coaster. I very much enjoyed my day out.





Home Farm visit By The Nature Discovery Group in Milton Keynes



Today our Nature Discovery Group visited Home Farm in Castlethorpe near Milton Keynes. It is a working farm and the farmers name is Luke. We were given a tour by Nicky and Lynn who work for the MK Parks Trust.

The first thing we were shown was a weighing machine where all the waste from Milton Keynes green bins gets taken to be weighed and turned into compost after boiling. We saw lots of French mix breed bullocks. They were very friendly and eating lots of hay and were all different colours. We went into the sheep barn and saw lots of pregnant sheep in pens.



We saw one sheep in labour trying to push the lamb out. We saw the legs came out first and after a few minutes the rest of the lamb was born. The lamb was tiny and its mum licked him clean. The lamb's legs were wobbly but it managed to stand up after a little while and walk around. The sheep started crouching down and pushing again and another baby lamb was born.





Home Farm visit (Continued)



This is the score we gave our trip to the farm out of 10.

Robin scored 10/10 - enjoyed the sheep.

Charlotte scored 9/10 - amazing, loved the sheep.

Barry scored 9/10 - very good, loved baby animals.

James scored 11/10 - great watching the sheep having a baby



On the other side of the barn we saw some hand-reared lambs. We were able to hold and cuddle them and they were very friendly. After the visit we made sure we washed our hands so we didn't spread any germs.





My trip to The Manchester Christmas Market By Alison Goff in Chester



I went to the Manchester Christmas markets for the day to look at the stalls and all the Christmas lights. I went in the car to East Didsbury so that I could catch the tram as I really like travelling by cars and trams.



I got off the tram at the Town Hall as this is the biggest part of the market. There was a big Santa Claus on the building. All the stalls were like little huts and I looked at the decorations and the items for sale on the stalls.





My trip to The Manchester Christmas Market (Continued)



I went to different parts of the market and to parts of Manchester and I saw the fountains and reindeer.



I liked it when it went dark as all the lights came on in the market and even on the Arndale centre and I had a Baileys hot chocolate in one of the Christmas market mugs. I enjoyed this a lot.



It was a long day but it was lots of fun as there were lots to see and do.

CHRISTMAS MARKET





Our trip to Euro Disney By Louise, Simon and Peter in Flitwick



We were both woken up at 2am on Friday by our staff to make our way to Luton airport to catch a plane to Paris. It was the first time me (Simon) had been on a plane. Peter and Louise had been on a plane before. We were all nervous our flight took 55 minutes.



We arrived at Euro Disney and we headed straight into The Euro Disney Park and went to The Fantasy Land to enjoy the different rides such as the turtle ride with Finding Nemo.



We then played an activity game that helped Buzz Lightyear to defeat his arch enemy. Peter won the game beating all of us with a score of over a thousand points.





Our trip to Euro Disney (Continued)



After lunch we went to the music theatre and enjoyed a show with Mickey learning all about how to do magic. We then saw characters from The Lion King, Beauty and The Beast, Frozen and Cinderella.



We were tired after the excitement so we decided to head to the hotel for dinner. After dinner it was time for bed. We all stayed in 'Cars Movie' themed bedrooms.





Our trip to Euro Disney (Continued)



On Saturday we walked to Universal studios to go on more rides and we saw more Disney characters. Our Favourite was Shrek.



We went studio tour ride in a tram that showed us how special effects are done. During that tour in the middle of a film set it caught fire and we got wet from the water used to put out the fire. It was loud but amazing.



We then went to watch the parade led by Mickey and friends. In the middle the parade the characters of Frozen covered us in snow.

That night watched the Illuminations which lit up the castle with lights, fireworks and water fountains. All worth staying up late for. Then the next day we headed home. We were all tired from our nice holiday.



Our Spin on The big Wheel By Holmewood Community Centre in Derbyshire



A group of us who go to our centre went to Chesterfield for the day to have a ride on The Big Wheel. We all loved going on the wheel.



The wheel had pods for us to ride inside the wheel and we could see all the view inside from the pod's window. We were all going round very slowly and it was lovely being so high up in the sky.



Here are two pictures of us inside our pod. We really enjoyed our ride.





The Balloon Adventure by Jason Beckham in Flitwick



I've always wanted to go on a balloon flight and in late October in Milton Keynes I got to go on a flight in a Virgin Balloon.

On the day of the flight it was cold and damp. We arrived at The Peace Pergoda at Willen Lake. I was a little nervous because I'm not a fan of heights.



I climbed onboard and joined the other 14 people in the balloon basket for my ride. The others aboard made me welcome. I stood next to the pilot under the balloon burner.

The balloon pilot pulled on the burner and the balloon was up in the sky in no time. I waved goodbye to everyone below.



Two hours later I had my flight and I got a certificate. I had a big smile on my face. My staff said they weren't sure if the smile was because of the balloon flight or the free glass of Champagne with bubbles.



Thanks to my staff Richard who raised the money for my balloon flight by running The London Marathon.





A History trip to Nottingham by Scott Brady in Derbyshire

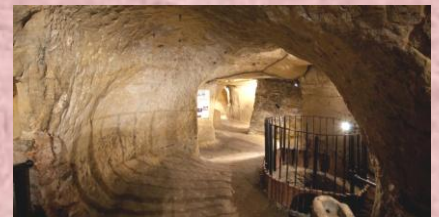
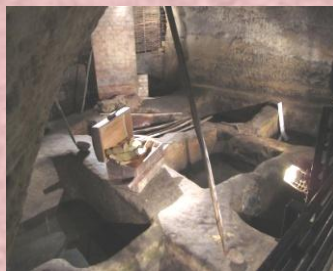


I like history, crime and punishment so I went to the National Justice Museum to learn about such things with my staff.

I was excited about seeing the prison cells. The cells were dark and they were used to lock up criminals. I liked the pretend trials, they had actors showing us a trial from the old days when we had capital punishment.



At the entrance to the Galleries of Justice it lets visitors go down to The City Caves. We had to put on some headphones to listen to information telling us the history of the caves in Nottingham.



The caves were used for lots of different things like sleeping in, storing grain and making things from leather. The caves were used as an air raid shelter during World War two.

I loved my day and it's all worth a visit.





Off we go I'm trying a new activity By Imran Aziz in Leicester



I have always been one for watching people and how they get about whether it is walking, running using a scooter or roller skating. Then last December I had the chance to try out an adapted bicycle at The 'Leicester Wheels for All'. My staff and I were surprised how many different types of bikes people can choose from.



Once I had chosen the bike I wanted to ride I was shown where to put my hands and feet before starting. I enjoyed every minute of riding I was even laughing and joking with staff and having races. We had to call the races a draw by the end of the session.



Lookout for me in the park next time you're in Leicester because the person you see whizzing round fast will be me.





My Back Garden by Peter Trevis in Derbyshire

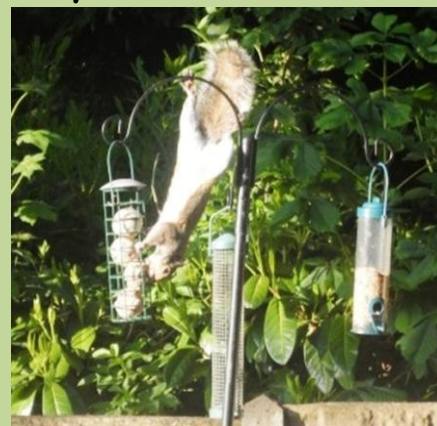


I have lived in my present home for just over a year. I love to get out and about in my garden and I am looking forward to the summer so I can grow my plants.

I like to grow vegetables and I grew a tomato plant last year. I was very proud of my tomato plant, it was so nice I had the tomatoes in a salad for my dinner.



Me supervising my staff watering my tomato plant.



Squirrels in my garden.

This summer I'm going to grow a few carrots. I will send a picture into The Mag so the readers can see what the carrots look like.

I like feeding birds and squirrels. I like looking out of the window watching the squirrels hanging upside down getting the nuts I have put out for them.

Putting out fat balls for the birds and squirrels to eat.





Banana and Honey Teabread by Rosie Joustra in Milton Keynes

What you need

225g Self Raising flour



100g Caster sugar



1/4 Teaspoon freshly grated
nutmeg



100g of Butter



3 Bananas



2 Large eggs



Grated rind of 1 lemon



6 Tablespoons thick honey





Banana and Honey Teabread (continued)

What you need to do

Preheat the oven to 180C



Lightly grease a loaf tin with butter



Mash the bananas



Rub the flour, nutmeg and butter
until the mixture resembles
breadcrumbs



Add the bananas, eggs to the flour
Mixture and mix together





Banana and Honey Teabread (continued)

What you need to do



Pour into your tin and it's now ready to go in the oven



Bake in a preheated oven for 1 and $\frac{1}{4}$ hours



Leave to cool



This is an eight slice loaf



Rosie said she makes the recipe and sells the loafs at different fairs she helps out at. The loafs has become very popular to the public who visit her stall at the fairs.



Our Valentine Favourite food The cookery Group at Warrington



For Valentines this year we met as a group to chat about our favourite Valentine food.

The idea was to say what we really loved, we didn't need to worry about diets or allergies or any other problems with food we just had to talk about what we love.

It was a great group chat with everyone talking and saying what they liked.



We were asked to cut out photos of our favourite food and cut out hearts and stick them together. The result was this display of flying food we love hearts.

We are: The
cookery Group and
we are Kirsty,
Sarah, Keeley,
Becky and Steph.





**A Poem
By Laura Carter
in Warrington**



Autistic Meltdowns

Meltdowns are not easy
They really are not fair
Feeling everyone is against you
Going into despair

Your mind in a fuzz
Everything going wrong
You don't know what's happening
You feel you don't belong

Everyone watches over
They point and laugh and glare
"Oh my god what a disaster"
The parents say "don't stare!"

The public don't understand
"It's a tantrum" they say
They don't understand Autism
If only they had it for one day

Understanding is what we want
Support is what we need
Next time you see someone like this
Be nice and do a good deed.



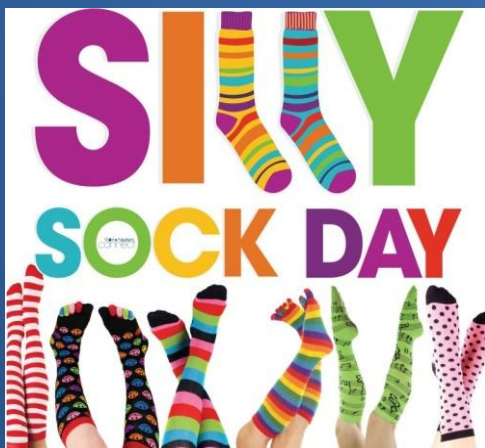
A Poem (Continued)



Autistic Meltdowns (Continued)

Just appreciate the struggle
You may one day face it too
Never knowing what's round the corner

This may well be you

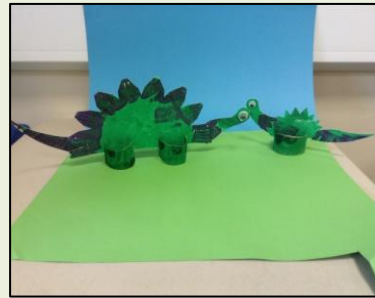


Silly Sock Day - Supporting
Autism
Mar 23rd - Mar 24th 2019

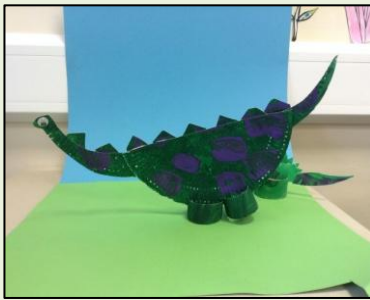
Artwork from MacIntyre



Katie Wilson in
Warrington



By Lesley Wareing in
Warrington



By Tracy Dickenson
and Kirsty Gaffney
in Warrington



By Kirsty Gaffney
in Warrington



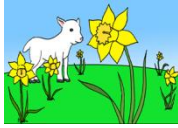
Kirsty Gaffney in
Warrington



Jay Ross
in Milton Keynes



Competition



Spring Competition

For our Mag Spring 2018 Competition we have a 'take your own Selfie' fab prize to give away



To win just a take a selfie photo of yourself and the winner will be judged by The Mag group. It can be in any place you've visited or at any special event.

Please put your name and contact details when entering and send it to Donald at The Mag address on the back of this issue.

Good luck to everyone



Winter 2018 Competition winners



Here are the winners of our Paddington Bear Word Search.



Neal Hodges in Milton Keynes

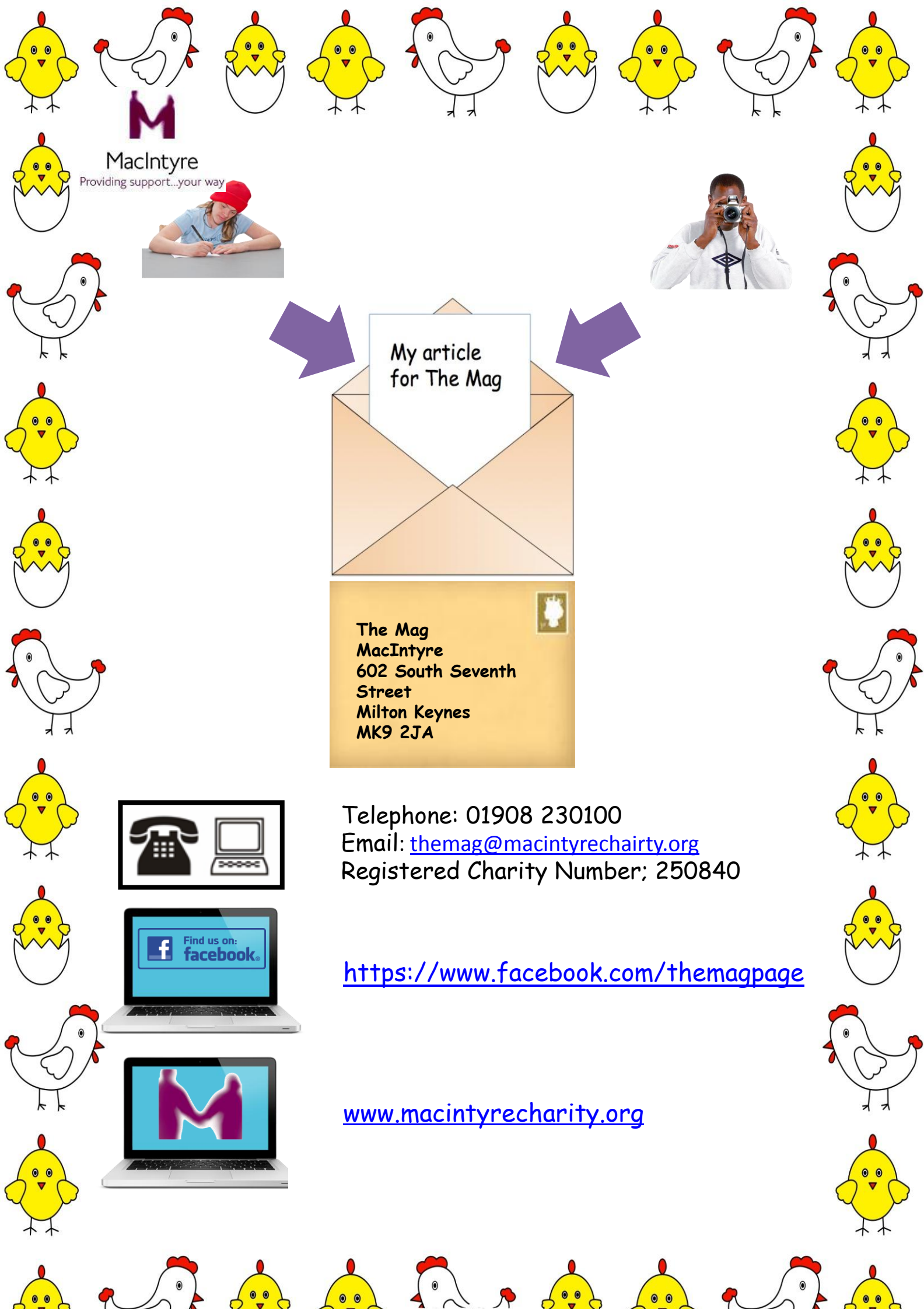


Julia Yates at Milton Keynes



Kirsty Gaffney at Warrington





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