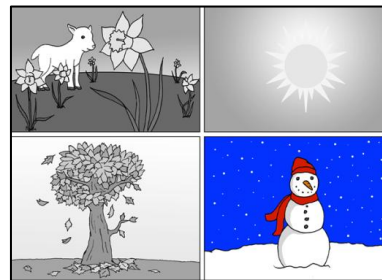


# The Mag



MacIntyre  
Providing support...your way



Winter 2019



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



## The Mag Group



Anthony Tull



Mary Hughes



Sharon Pratt



Sui-Ling Tang



Emma Killick



Donald Delmohamed



Welcome to The Winter 2019 issue of The Mag. In this edition well done goes to **Ami** in Warrington who **won** our colouring competition last Autumn. Ami's entry is on this winter's **cover** of The Mag.

Our Winter **Competition** can be found on **page 22** so please enter, there is a **prize** for the winner.

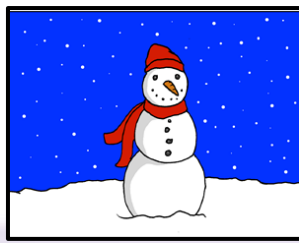
Please also note that on **Page 11** there is information about the upcoming **Marjorie Newton Wright Awards** so remember to vote if you would like to.

Finally on **Page 23** we are giving away a free **DVD** with this edition.

From Mary The Editor.







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Free DVD give away



### Dogs are my new best friend By Samiua in Buckinghamshire



I used to get worried because I do not like going near dogs and I got so scared when I saw one from a distance.

I was supported from my staff who helped me to get professional help to overcome my fear of dogs and in time I will be a lot better and will learn to love dogs.



I am now aware of different types of dogs, like guide dogs. I am learning about dogs more at my local library.

It is good for me to learn about dogs as I meet new friends at the library and I also do some voluntary work in the library as this is my way to say thank you for helping me to overcome my fear of dogs.

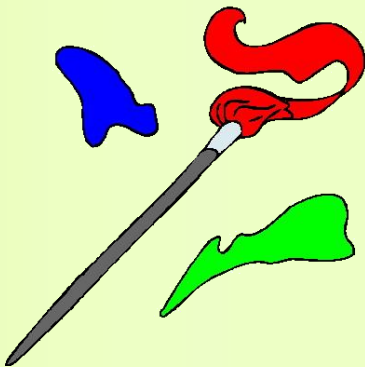




# Hobbies and Interests



## Artwork from Milton Keynes Learning Centre



Above Painting the firework art display



The finished firework display



007 By Ian





# Holidays and Day Trips



We go to Blackpool not once but twice by Drew, Gary, Sherry, Ann, Bevis and Rebecca in Milton Keynes

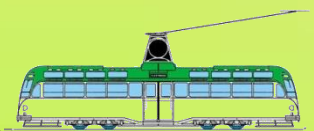


Our first trip to Blackpool was in July. Drew, Gary and Sherry had a lovely, sunny holiday with some days being a bit too hot.

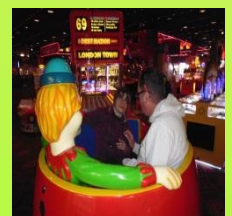
We went to The Sea Life Centre on the tram. We visited Blackpool Zoo and Blackpool Tower for some ballroom dancing and afternoon tea.



Our second trip in October included Ann, Bevis and Rebecca. The weather was a bit cooler, but it didn't stop us from enjoying ourselves. We spent time, in the arcades, and had a tour around and travelled on the trams.



We went to Tristan's Lighthouse, which was a brilliant sensory experience and we bought a gift for ourselves to remember it by. It is safe to say we all really enjoyed having this holiday - it was a well earned break.





### Kyle's Weekend Away from The East Midlands



I went on holiday with two of my staff, Lyn and Julie went to have a weekend away at Thornton's Holt Cottage in Leicestershire. It was my first weekend away for a very long time.

This was my first experience of staying overnight away from home.

I had an unbelievable time doing all the different things at the holiday cottage, cooking with staff, going out to eat, sleeping in the holiday house and enjoying relaxing with Lyn and Julie.

Photos below of my favourite food chicken curry on the Saturday night, me playing the Djembe drum and even the rain didn't stop me from playing football outside that day.

On Sunday I ate poppadoms and for afters ice cream.



**THORNTON'S HOLT**







## Holidays and Day Trips

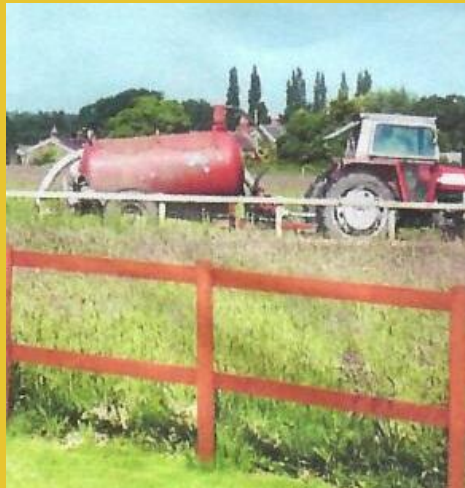


### A Fab Holiday By David in Flitwick

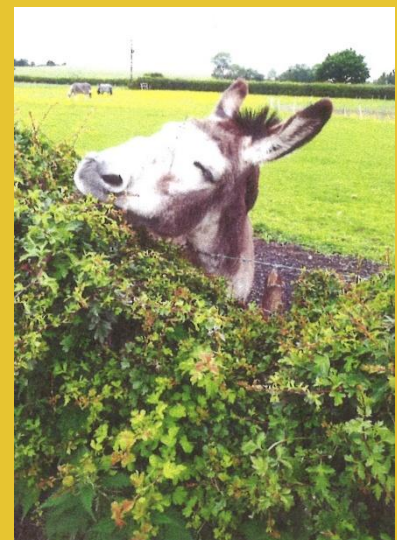


I went to Ruth's Retreat in Shropshire on holiday and I stayed at a beautiful countryside farm.

I loved the scenery and the fresh air. It was very quiet on the farm. I enjoyed looking at the tractors and working on the field. I found it peaceful just sitting by the stream, listening to the running water and hearing all the birds songs.



I went for long walks and saw lots of donkeys, horses, puppies and chickens.



I liked spending my evenings relaxing in the lodge. It had a great hot tub and I had a really great holiday.





## Christmas Food Bank Drive By all at our service in Chester



All of us who live at our service in Chester really enjoyed Christmas but other people are not so lucky. Christmas can be a difficult time for many people.

At our service we wanted to do something for the less fortunate so we decided to run a food bank. We wanted people to donate unwanted non-perishable food (food that does not go off too quickly) for the West Cheshire Food bank.

The charity then donates the food to people in need. We asked people from other services and the office if they could help. We also asked our neighbours to see if they could donate any food.

Michael sorting out the donations and all our food donations



The Foodbank collect many items of food such as tinned vegetables, coffee, sugar, rice, longlife milk and longlife juice.





## Christmas Food Bank Drive (continued)



These are used to make a food parcel to help a person or a family feed themselves for three days. The food bank also donate food such as tins of soup to local groups and charities.

At Christmas time they also like items like biscuits and chocolates so that the food bank can given out at Christmas.

Alison with one of the volunteers dropping off the food at the West Cheshire Foodbank warehouse in Ellesmere Port and going to see the food bank.



In total we collected 120 items of food. We delivered it to the West Cheshire Foodbank warehouse in Ellesmere Port. They weighed our donations which came to 46.5kgs.



Everyone supported at our service and our staff would like to thank the people who donated food to us to give to the food bank.







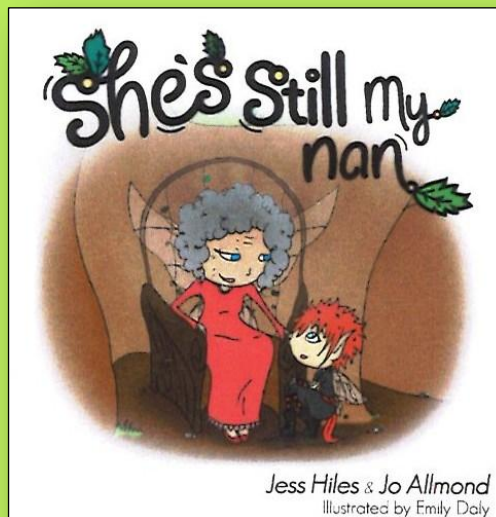
## She's Still My Nan By Jess in Worcestershire



Book Three Wow!



This book which is my third means a lot to me. I love my Nan and miss her. My Nan had dementia and now passed away. It was hard to write this book as mum and I cried and laughed when we tried to put the right words into this story.

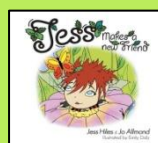


I found dementia difficult, Nan had changed but with the help of my carers, MacIntyre and mum I understood that though my Nan was different she was still my Nan inside.

I have made so many new friends and I love visiting schools and colleges with our books, helping the young people to follow their dreams.



How to contact me and mum about my books



[www.jessthegothfairy.com](http://www.jessthegothfairy.com)





## The Marjorie Newton Wright Award For Really Great Staff

Would you like to name a member of staff or team for **The Marjorie Newton Wright Award** who you think has done great job?

Inside this edition of The Mag you will find a form to fill in to name someone for The Marjorie Newton Wright Award.

If you need help to fill in the form ask someone who supports you and they will help you with the form.

### Please Contact:



**Tess Marshall**



[tess.marshall@macintyrecharity.org](mailto:tess.marshall@macintyrecharity.org)



**01908 230100**





## My Voice Co- Production Group in Bromsgrove

We talk about things we are not happy with and we decide that staff who come to support us should not use their mobile phones when are supporting us.

The Staff that support us in the group asked us what we wanted to do about this and we said we wanted to make a poster. So here is our poster



For more information about My Voice Co-Production contact



Catherine Farrell



[catherine.farrell@macintyrecharity.org](mailto:catherine.farrell@macintyrecharity.org)



## Kung Fu By Sam in Redditch



I am a member of the Lau Gar Kung Fu club. This is a Marshall Arts Club for all abilities. My instructors name is Alan.

I go every week and over time I have become an important member of the club. The training can be tiring; we start the class with press-ups and sit-ups followed by stretching exercises.



My instructor says he can see a marked improvement in my strength over the months. We then break into groups and practice the technical elements of Kung Fu.

At first I did struggle with this but with patience and perseverance on both my part and the other students I have progressed and recently reached the standard required to take my first grade, white sash.







# Celebrations



## The Duke of Edinburgh Award Presentation By Warrington Learning Centre



Some of the people we support at Warrington last year did the Duke of Edinburgh Award and they had a presentation at our MacIntyre Head Office. Here is what the people we support who took part had to say about The Duke of Edinburgh Award.

**Daniel said** 'It was excellent. I liked being part of a team'.

**Ami said** 'It was amazing, I made loads of new friends. It was super and I would recommend going on the award to everyone'.

**Katie said** 'I liked the expeditions. I enjoyed walking around Southport on the coastal walk'.

**Michael said** 'It was educational. It was the first time I stayed away from home with a group of other people. I also work at the MacIntyre Café in Warrington which I love.'

**Lynn** who is a **Learning Support Worker** at the Learning Centre said 'The Duke of Edinburgh Awards is for people aged 14 to 25 years old but our centre is for those aged 17 and above. I had done the awards and asked if anyone we support would like to do the award some said yes'.

**Lynn** also said 'This is our 3rd group and a 4th group of people are about to take part on the award.'





# Celebrations



## The Duke of Edinburgh Award Presentation (Continued)



**Andrea Parr Area Manager** for Warrington said ' I am extremely proud of all the people who took part from our Learning Centre and I am very pleased with all the support they got from the staff from MacIntyre whilst doing the award.'

**Here are a few photographs of the presentation**



**The Mag Says** ' well done on completing the award. For more information about The Duke of Edinburgh Award you can look it up on your computer'.







## Food and Drink



### Buttermilk Pancakes from The Mag



Items needed to make the pancakes



175ml of Buttermilk



1 Egg



$\frac{1}{2}$  oz of Butter



or



50g of Free from Self Raising Flour or  
Normal Self Raising flour



1oz fine Corn Meal



### Buttermilk Pancakes (Continued)



Items needed to make the pancakes (continued)



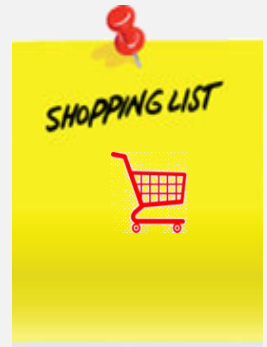
Melted Butter



1 tsp Bicarbonate of Soda



A pinch of Salt



### What to do

1. Mix the buttermilk, egg and melted butter in a large bowl until smooth and blended. Sift together the flour, cornmeal, salt and bicarbonate of soda, then gently stir into the buttermilk until the ingredients are mixed together and don't worry about lumps.
2. Melt some butter in a pan
3. Heat a heavy frying pan until medium-hot. Grease with a little melted butter. Spoon a generous tablespoon of batter into the pan and spread with the back of the spoon.





### Buttermilk Pancakes (Continued)



#### What to do (continued)

3. Cook until the bubbles rise and break on the top of the pancake, then flip over gently. Cook until pale golden. Remove and keep warm. Continue until all the batter has been used.
4. Spread each pancake with butter and serve a stack of three per person with crispy bacon (which you can leave out) and maple syrup.

Makes 6 pancakes for 2 people.





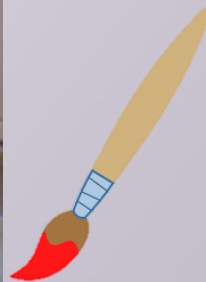
## Lifelong Learning Art Work From Milton Keynes



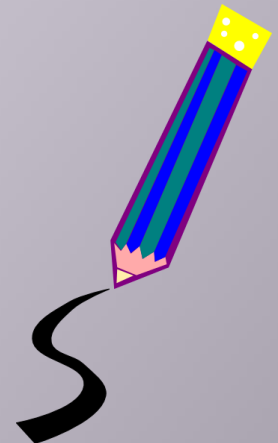
**Vicky says** 'For Halloween we focused on death day masks. Everyone in the group designed and coloured four or five masks before completing their final pieces. My artwork is shown below. I decide to shade the face in grey to reflect the "death" part of the mask and I made the rest colourful to stand out.'



Vicky with her art



Jenyth with her art



**Jenyth said** 'For Autumn we have started an Autumn project. We had been practising drawing landscapes and as you can see from my art above I completed mine using pastels, I am blending very good at blending colours together to give it a 3D effect'.



Sui-Ling with her art



**Sui-Ling Says** 'Earlier in the year we experimented with painting on tissue paper. We wet the paper with water and stuck the tissue paper on top then following week we peeled off the tissue to show the pattern shown in the background of my work above below. I then chose to add a peacock on top of the background using some mandala patterns I had practised in earlier sessions'.





## Art Work From Warrington Learning Centre



### Water project

We have been working on a project about the Water Cycle and learning where our water comes from. As part of the project we made a large interactive wall display with all the parts needed to help us to understand water and where it comes from.

The group enjoyed getting up in turn and sticking in all the pieces in the right places. We talked about what we use water for and about the weather and the interactive display helped us to understand what happens.

It was nice to talk and for everyone to get up and put their pieces in the places where they thought they should go.



### Water project artwork



### Halloween project artwork



### Halloween project

For Halloween we had a fun day doing some art. We painted a background and made up a vampire face. Everyone did well sticking the pieces in the right places to make up the face. Everyone loved the finished art.



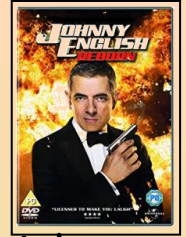


# Competition

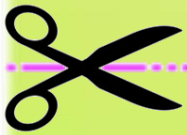


## Winter Competition win a DVD

To win a DVD of the new 'Johnny English Strikes Again' just tell us which other character is 'Rowan Atkinson' also know as on TV as playing?



Please put a tick in the box below which you think is the right answer ☒ and please send your answers to 'The Mag' at the address or email on the back of this mag with your name and details please.



A - Mr Magoo

☐

B - Mr Blobby

☐

C - Mr Bean

☐

## Autumn Colouring Competition winners



Ami in Warrington



Paul in Milton Keynes



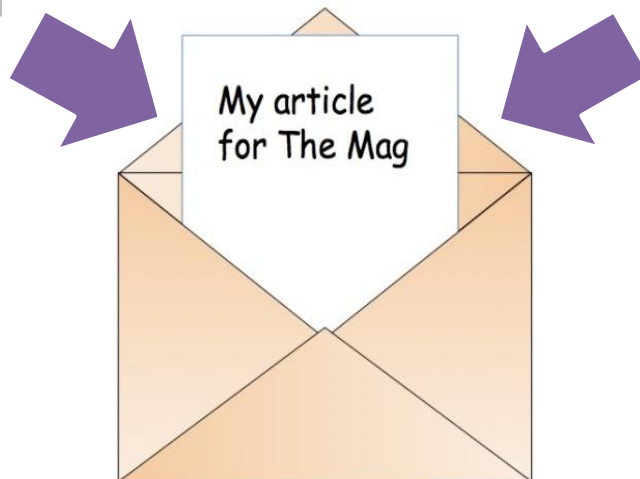


Here is Your  
Free DVD



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Providing support...your way



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