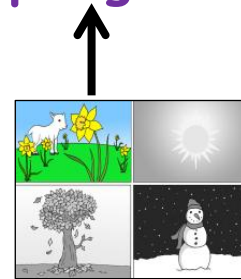


The Mag

Spring 2019



MacIntyre
Providing support...your way



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 Spring 2019 issue of The Mag.

The Spring cover artwork was created by John in Oxfordshire.

Our Spring's **Competition** can be found on **page 31** so please enter there is a **prize** for the winner.

We hope you enjoy reading The Mag.

From Mary The Editor.





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Spring Competition



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Competition Winners



Susan McDonald Chasing Santa Warrington



I was at home when the doorbell rang; it was the Warrington Lyons Club who raises money for charitable causes since 1941. Every year they come to my house as Santa and his Elves. This year by the time I got to the door Santa and his sledge had gone

I stood near the door and saw his lights on the sledge go around the corner , myself and staff decided to run and chase him, this was such a mad rush I jumped in my wheelchair and we chased Santa down the streets , I was warm and had my coat on ,but in the rush I lost my slipper.

Santa was found around the next street, and after rushing and asking his Elves he stopped for me and came down from his sledge, and had a picture, this was amazing and I loved looking at the lights and listening to the music, all the children was running and shouting for Santa, it made me so happy.

I found my slipper on the way home.





Martin Double Winner Shrewsbury in Shropshire



Hi my name is Martin. Some of you might remember me as I won the giant monkey at the North Roadshow in 2016.

Well you won't believe it but I only went and won the giant teddy at the Roadshow 2018. I love them both, but there is hardly any room left on the sofa for anyone else at my house!

I will defiantly be at this years Roadshow but maybe I will give someone else a chance to win.



2016.



2018



Signing words



Good Morning



Good Afternoon



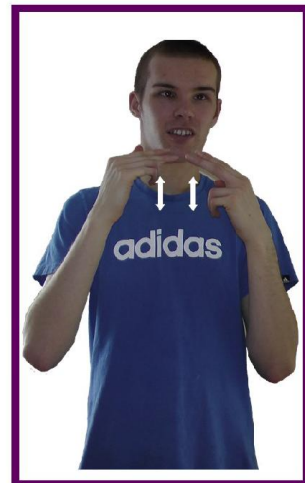
Wash



Drink



Toilet



Dinner



Signing words



Garden



2 fingers walk along hand

Walk



Room



Yes



No



Circle flat hands away from the body

Where



Science of the Time Lords By Chesterfield service



On the 26th January a small group from chesterfield visited the National Space Centre at Leicester to investigate the science behind Dr Who at the annual Science of the Time Lords event.



Helen went as the ninth doctor, Anna as the fifth doctor and Victoria as the forth doctor. While there we met lots of aliens such as the Daleks, Oods, Cybermen, and lots more.

We also looked at a huge rocket and space shuttle and we all want to go back next year.



When Mary saw the Strictly Come Dancing Tour Milton Keynes



Last year I went to see strictly live in London. I saw famous people from TV dancing live on stage with their professional dancing partners.



They were dancing in a competition to see who the best dancer was, and to win the Glitter Ball Trophy. I watch all the dancers on stage and my favourite was Stacey Dooley and Kevin who won the live tour show I saw and Stacey won it on TV too.

It was on every Saturday night on BBC1 and I like it so much and it was on as a Christmas Special too. I like all dancing and I enjoyed myself I went with my staff and some people where I live.



I had such a lovely evening and we all had chicken and Chips out at a restaurant. It was yummy.



My visit to the Police Museum Arthur in Warrington



My name is Arthur from Warrington. I went to visit the Warrington Police Museum,.



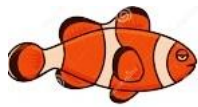
He was lovely. The day was fantastic, brilliant, and wonderful. While I was there I saw, lots of handcuffs and chains, also on display were Police Uniforms, Police hats, and a brand new Police car.

I even went inside an old Police Cell and in there were some rubber rats to show you how really bad it was. Bread and water was all you got to eat, and it was very dark and cold.

There was a very large glass case and inside there were. There were knives and lots of guns which have been confiscated from people over the years. Leonard said that sometimes people escaped the cells and went in hiding in London.



I came home with a great old police box money box, and Leonard gave me a Police Medal. If anybody wishes to come to the police station you can come with me and we can get arrested together.



My Holiday Story By Gordon in Chesterfield



In November I had the opportunity to go on holiday with my support staff and I spent 5 days near the



Yorkshire coast with John from MacIntyre and Sharon from the supported living house. We stayed in a lovely cottage a place called Ebbertson just outside Scarborough.

We left my house in the morning and drove to the holiday home. It took us a couple of hours but we stopped on the way for some dinner.

I slept most of the way so the journey went really fast and when we arrived at the cottage it was cosy and we settled in quickly.





My Holiday to Bournemouth By Genevieve in Chandlers Ford



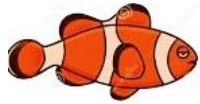
This is my holiday to Bournemouth.



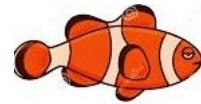
I wanted to see the fish. Dianne supported me with this. I went to the Aquarium.



I had a wonderful holiday, part of the fun was the preparation for the holiday.



My Holiday Story (continued)



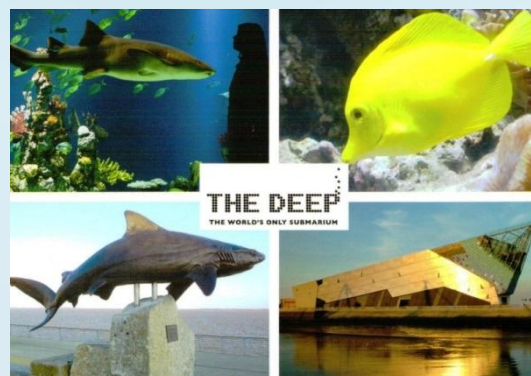
On the Tuesday we went to York for the day and visited the Christmas Market. I really enjoyed it there with all the colourful lights and festive smells, and I had fish and chips for lunch.

The next day was interesting as we went to Whitby and looked around the Harbour. There was a lot to see but the weather was a bit cold so we decided to wander around the shops. The days went really fast and before I knew it the holiday was halfway through.

On Thursday we went to a big aquarium called the deep in Hull. It was great there as I could see lots of big fish in giant tanks. Everywhere I looked there was something colourful and interesting to see.

For dinner I had my favourite meal in the café - Beef lasagne and after a busy day I fell asleep on the way back to the holiday home.

My last day at Ebbertson was quite relaxing as we had a look around the local area and then got our things ready for the journey home.



Thank you to my support staff for a lovely holiday.



Karate Time at Holmewood Chesterfield



Here at Chesterfield we have started doing adaptive karate, every Wednesday afternoon Swanick and Holmewood centre team up and practice our skills.



We are all getting better and better each week and we continue to surprise the staff how fit we all are. Carl Ryan says he absolutely loves it and looks forward to it each week.

The guys come in to our centre to support us to do this activity and are fantastic at supporting us all and adapt everything they do so we can all join in.





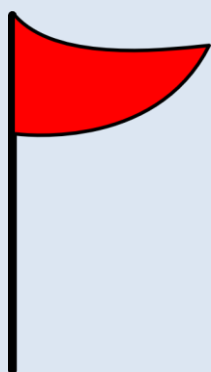
Crazy Golf at Mulligan's Milton Keynes



Iain S and Sara J went to play crazy Gold at Mulligan's in the theatre district last Saturday with Elaine and Sophie.



They had a great time, Iain won !
So he was well chuffed.





Making some noise with Rock Steady Music School By students from Milton Keynes



Great fun was had by us the students from The No Limits students from Milton Keynes and Herts and Beds on in February. Rock Steady Music School came to The Bletchley Youth Centre. Ben and Kieran from rock school played instruments with us at No Limits to play and we were part of the rock band.



We had Sam on the guitar, Dale stealing the show on the keyboards and John on the drums. We all took turns in playing all the different instruments and Ben, Kieran and Kieran looked like Olly Murs said Patrick. The rock school was great at showing the guys how everything worked. There were smiles all round.





Making some noise with Rock Steady Music School (continued)



We didn't need a second invitation to seriously enjoy ourselves. We had the chance to try all the different parts of a rock band including singing along with loads of the audience members joining in. **John** - said 'My favourite bit was playing the drums'.



Rock Steady provide in-school rock band music sessions that make music fun and giving youngsters the chance to practise and perform songs together and that we love and we learn life skills along the way.



Dale said - 'My favourite bit has been the rock and roll. I enjoyed playing the keyboards'.



My slimming world success By Paula in Ellemsmere Port

I have been going to slimming club for a long time and I like meeting people and saying hello. I love chocolate, cake biscuits and marshmallows, so slimming can be hard for me. I still have these most days for my supper but just smaller amounts to eat.



Here I am above with my certificate for losing two stones and my certificate for reaching my personal target. I am very happy. Staff are really pleased for me and are proud that I have kept going.

I really love my food it is very important to me. I still love going out for meals and I enjoy helping staff make nice food meals at mealtimes. I do keep fit every week to help me keep slim. I love buying clothes now I have lost weight and I look fantastic.





How to make Bakewell Tart



Things you need

1 Baking tray



1 Mixing bowl



1 Wooden spoon



1 teaspoon

1 tablespoon

1 knife



Oven gloves





Food and Drink



Timer



Scissors



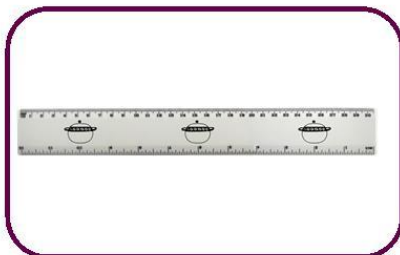
Baking Paper



Kitchen Scales



Rolling Pin



Ruler



Food and Drink



375g short crust pastry



Half a jar of Raspberry Jam



85g softened butter



85g castor sugar



3 eggs



1 teaspoon of almond extract



Food and Drink



113g self raising flour



57g of ground almonds



1 teaspoon of baking powder



Icing sugar



Glazed cherries



This recipe will make 15 tarts



Food and Drink



Pre heat the oven to 180 degrees or gas mark 4



Cut out a piece of greaseproof paper to fit inside the baking tray



Grease the baking tray using a little butter



Roll out the pastry so it is 2 cms thick



Put the pastry into the baking tray



Put it in the fridge for 30 minutes



Food and Drink



Pre heat the oven to 180 degrees or gas mark 4



Cut out a piece of greaseproof paper to fit inside the baking tray



Grease the baking tray using a little butter



Roll out the pastry so it is 2 cms thick



Put the pastry into the baking tray



Put it in the fridge for 30 minutes



Food and Drink



Using oven gloves

Put it in the oven for 15 minutes

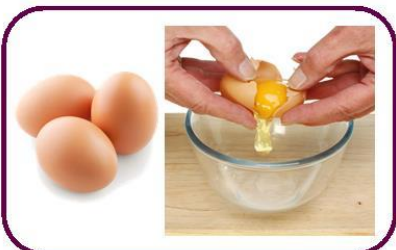


Allow to cool

Use a spoon to put the
raspberry jam onto the pastry



Mix together the butter and the
sugar in a large bowl



Crack 3 eggs into a bowl

Add the eggs to the mixing bowl



Add the flour to the mixing bowl
and 1 teaspoon of baking powder



Add in 1 teaspoon of almond
extract

Stir all together and mix well



Food and Drink



Pour the mixture on top of the pastry in the baking tray
sprinkle the ground almonds on top



Using oven gloves put the tray in the oven
Bake for 30 minutes



Using oven gloves take out the tart and let it cool down
Switch off the oven



Icing Mix

Mix 5 tablespoons of icing sugar with 5 tablespoons of water in a bowl



Add in more icing sugar or water so it is not too runny or too solid



Pour the icing on top of the tart and spread it



Food and Drink



Put the cherries on top of the tart



Using the knife cut into slices

Send in your favourite recipe to go into The Mag

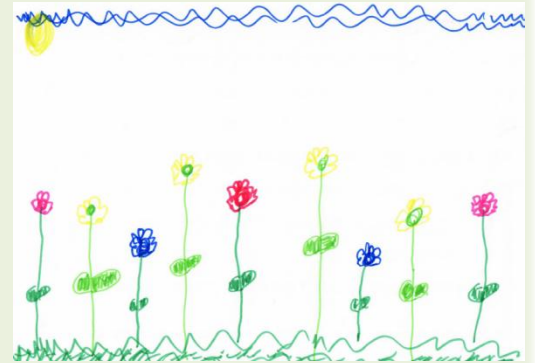




Artwork from MacIntyre

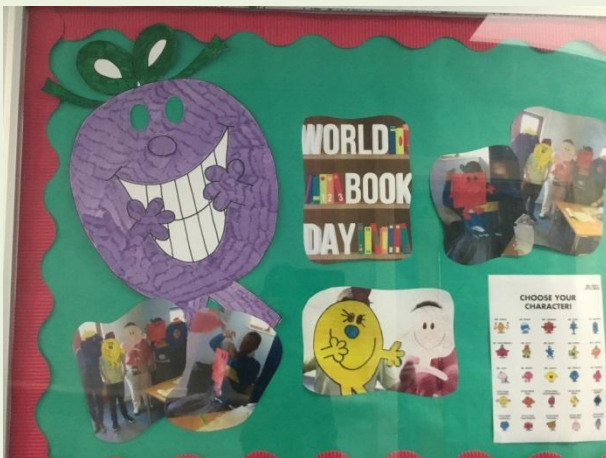


Beautiful drawings
by J. Quainton



Spring has arrived with
this drawing from Sharon

MacIntyre School - World book day

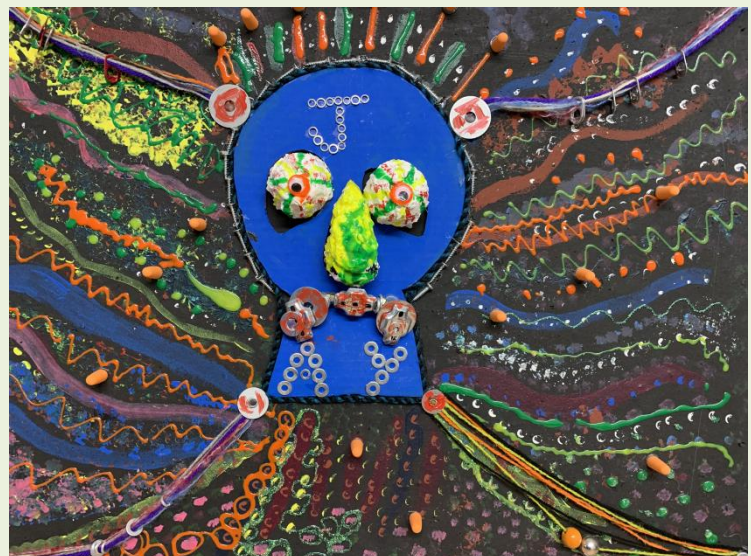
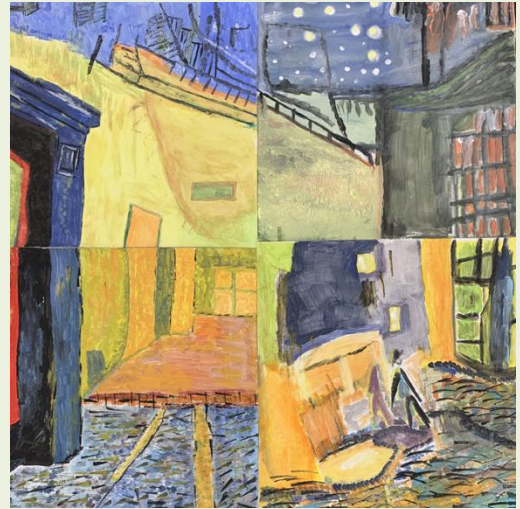


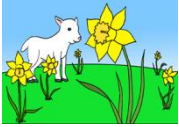


Artwork from MacIntyre



Artwork by Milton Keynes Lifelong Learning





The Mag Spring Competition

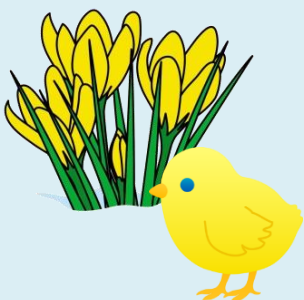


Spring Word search

Find the words



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| S | K | N | W | A | Y | L | O | C | I |



Lambs
Eggs
Chicks
Flowers

Easter
Bunny
Bulbs





Competition



The Mag Winter Competition winners



The answer to The Mags winter competition.....

"Which other character is Rowan Atkinson also known as on TV as playing?"

C - Mr Bean



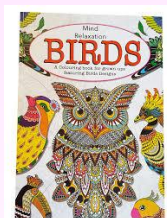
The winner of the new Johnny English strikes again DVD and runner up prizes.



1st prize - Katie in Warrington



2nd prize - Michael in Bedfordshire



3rd prize - Karen in Redditch



Telephone: 01908 230100
Email: themag@macintyrecharity.org
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