

The Mag

Summer 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 Summer 2019 issue of The Mag.

The artwork on the cover of this edition was created by the young artists at Wingrave School who made the lovely handmade flowers.

Check out the story about Jo Anne's 60th and look out for different signing words.

Our **Summer Competition** can be found on pages 37 and 38 - so please enter there is a **prize** for the winner.

We hope you enjoy reading The Mag.

From Sharon The Editor.





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Competition Winners



Easemore Goes Green By Oliver, Ian and Sam in Worcestershire



We in Redditch have made even more of an effort to increase our recycling and we have made changes around our home to use less energy and to help the planet.

We have gone back to having our pints of milk delivered by our local milkman who is called Sean. This is cutting down on the use of single use plastics as all milk has to be delivered in re-useable old style glass milk bottles like the ones we are holding in the picture.



The light bulbs in our homes are now low energy bulbs which lasts for 25 years. We have now got two 240 litre green bins, which is the largest recycling capacity in our street. We are currently being taught by staff what can be recycled and what can't.

Different types of energy saving light bulbs.



Please do the same as we all need to look after our planet.

We won Slimming World's 'Couple of the Year Award' By Mary in Milton Keynes

Iain and I attend Slimming World each week and we are thrilled to announce we won their 'Couple of the Year Award'.

The two of us lost an amazing ten stone. We had to watch what we ate and eat healthy foods.



It was lots of hard work trying not to eat food which is bad for us. I hope you like our photograph above minus the 10 stones.



Mary's Healthy recipe can be found on pages 27 to 33.

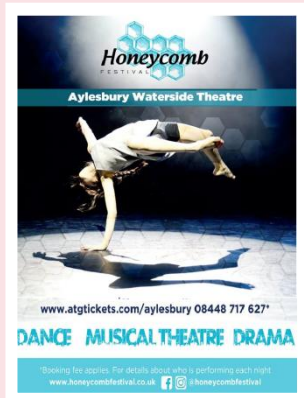




Hobbies and Interests

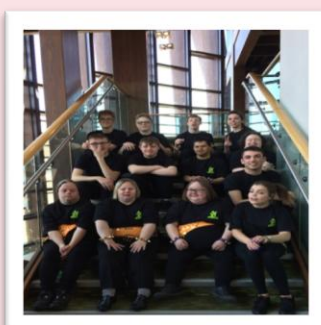


Dance Performance at The Waterside Theatre in Aylesbury By Prem in Aylesbury



I dance in a group called 'Doorways'. Every year we are in a show. We met at the theatre at 2.15pm and rehearsed our dance which is called Jaiho.

In the evening it was show time. I wore my 'Doorways' t-shirt and I had bells on my hands and a scarf around my waist. I love to dance. I felt very happy and proud. It was a wonderful day.





Hobbies and Interests



A request for Pen Pal by Alan in Redditch



Hi, my name is Alan. I prefer my nickname which is 'Tyse'.

My hobby is to collect full names and dates of births. I don't do anything with the information given, it goes on to a spreadsheet. I've been doing this for over 40 years now.

I am now reaching out to The Mag to ask for more pen pals where I can gather more names and dates of births to add to my growing spreadsheet.

I'm also happy to make friends doing this, and if you're happy for me to have your postal address, I will then write back to you.

A pen pal
is a
person
you get to
know by
exchanging
letters.



To Tyse
c/o Patsy Deacon
MacIntyre
6-8 Church Street
Bromsgrove
Worcestershire
B61 8DD



I look forward to hearing from you soon.



Holidays and Day Trips



We went to the Zoo
By The Ladies
at Chandlers Ford



The lovely ladies at our service wanted to enjoy the beautiful weather with our staff, so we all agreed to do an outdoor activity and we went to the zoo.

We live not very far from Marwell Zoo and we all had lunch there as well.



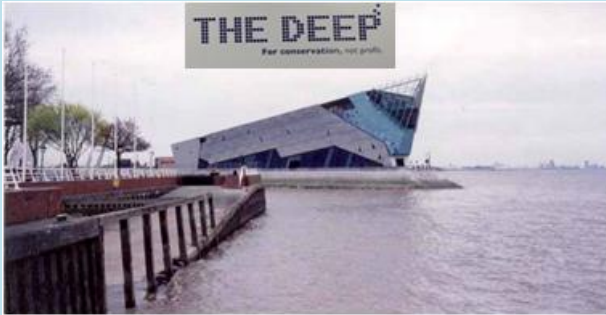
We saw lots of animals and we all had a ball.



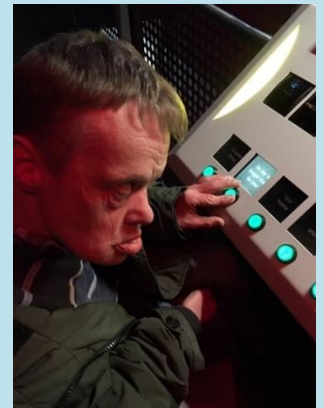
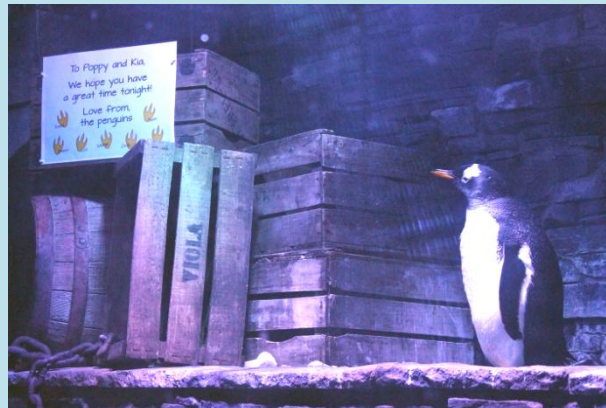
Holidays and Day Trips



Me going to The Deep in Hull By Gordon in Derbyshire



I visited The Deep in Hull with my staff Lisa and another member of staff. The Deep is the largest aquarium in The UK.



I really had a good time playing with the buttons and lights during the visit and enjoyed looking at the fish and penguins.



We had lunch there and I ordered some chocolate cake and looking around at others who was visiting. I really enjoyed going to The Deep.





Holidays and Day Trips



My American Holiday to Las Vegas Holiday by Iain at Milton Keynes



One of my staff members, Hazel and I enjoyed ten days in the city of Las Vegas in March this year. We were booked into Planet Hollywood hotel, which was located in the middle of the Las Vegas strip. It took us ten hours to fly to Las Vegas and we arrived at 8pm and we were very tired.



On our first day we headed out and looked around all the hotels, which all have different themes. We saw some shows while we were there. We saw Michael Jackson One by Cirque du Soleil, Blue Man Group and Gwen Stefani in concert.

We went on a day trip to Red Rock Canyon, and it rained heavily.



Gwen Stefani



Holidays and Day Trips



My American Holiday to Las Vegas Holiday by Iain at Milton Keynes (continued)



We also enjoyed lots of activities like, bowling, visiting dolphins and lions, played in the arcades, go clothes shopping and eating out at a lot of different restaurants.



We travelled back ten days later, very tired and we had an amazing and wicked time.





Holidays and Day Trips



Trip to Butterfly House in Sheffield by Andrew in Chesterfield



We arrived at the Butterfly House at 2.30pm and I was excited at the prospect of seeing all the animals, insects and attractions. First things first, I paid the entrance fee and got myself some meal worms so that I could feed the Meerkats.



We went around the grounds looking at the dinosaurs. I especially liked pressing the large red buttons to hear the roar of each dinosaur.



We then went to feed the Meerkats and I really enjoyed this as I like Meerkats because of Coronation Street - Sergie is my favourite and this is what I was calling to them as I was feeding them. There were two porcupines in with the Meerkats which I had never seen in real life before.



Holidays and Day Trips



Trip to Butterfly House in Sheffield by Andrew in Chesterfield (continued)



After the Meerkats, we had tea in the café. I had a gingerbread man and a cup of tea. Don and I thought it was fun eating body parts from the gingerbread man one by one.



After my tea break we went into the Butterfly House, I really enjoyed seeing all the butterflies flying around. It was amazing to see the really colourful parakeets eating fruit. When we finished in the Butterfly House we went to look at the animals and birds that lived there. We saw parrots, owls, guinea pigs, giant tortoises and lemurs. Some stayed in their houses due to the damp cold weather.



We eventually called it a day, the weather hadn't dampened our enjoyment - I had a nice day.



Holidays and Day Trips



A Visit to Madame Tussauds in London by Ian in Milton Keynes



My Staff Julie, Paul, Nicola and Lynda supported us with a trip to London to visit Madame Tussauds Waxwork's Museum.



I had a lovely day with all my friends. I saw lots of waxwork models of very famous people. It has new and old famous people. All the people had to pose so that a model could be made out of wax. The Royal Family were copied from photos.



I saw a waxwork model of Elvis Presley. I like him the best. I enjoyed going.



The big sleep out by Tim, Martin, Guy and Fred in Milton Keynes



We are going to be taking part in 'The Sleep Out' on Saturday 31st August 2019.

We are looking forward to taking part for a very good cause and we all hope to raise lots of money for the homeless.

Please support us by logging onto Julie's Virgin Money Giving page below or by visiting our MacIntyre Coffee shops in Milton Keynes.



The MacIntyre Great Holm Sleep Out on Saturday 31st August 2019



MacIntyre

Providing support...your way



The Staff and people supported by MacIntyre Great Holm are teaming up with The Bus Shelter MK to raise money for the homeless. We are holding a sleep on **Saturday 31st August 2019**.

Please Support us by donating online at



<https://uk.virginmoneygiving.com/juliecox21>



Or by signing our sponsorship forms our MacIntyre Coffee Shops.



<https://www.facebook.com/thebussheltermk/>

julie.cox@macintyrecharity.org



World Down Syndrome Day by students at MacIntyre School in Wingrave



What better way to mark the World Down Syndrome Day in our school than for us all to wear silly, odd socks but even better we had the perfect judge in Class 1 who is Jake.

Jake absolutely loves socks and has a mountain and I mean mountains of them in his bedroom. All kinds of socks in varying colours, patterns and designs you name them he has them.

So Jake wore his best outfit for his day as judge and he had on a judges badge and clipboard for his judging duties.



www.worlddownsyndromeday.org/lots-of-socks

He went around all the classrooms and offices. He had to tick people off on his chart he then chose his winners, Sheka was first, Archie second and Alfie third.

The certificates and medals were awarded in assembly. Jake did a fantastic job as the sock judge and I believe after his trial he has been given the permanent role.

World Down Syndrome Day is a global awareness initiative that has been backed by the United Nations since 2012.



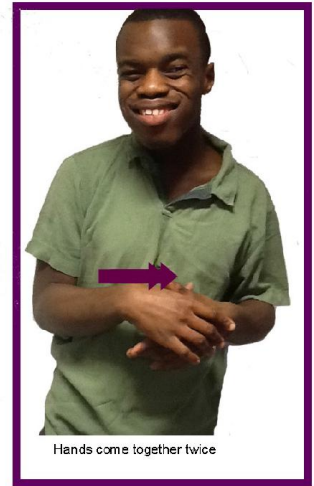
Signing words



Hot



Car



Happy



Play



Look



Thank you



Signing words (continued)



Which/Choose



Sorry



Shoe



You



Good



Hand can move in any direction

Go



The Marjorie Newton Wright Award 2019 by Donald Delmohamed

The Mag Group was nominated in the Outstanding Team award category, the awards are a way of celebrating all the good work that MacIntyre does. Not all who work for MacIntyre got an award but all who work for MacIntyre do a good job.

I was excited because I had been nominated for 2019 Fundraising Champion. I was very happy, I was all dressed up and looking my best. All day it was like I was in another zone.

I watched Daniel from Warrington sing a few songs on stage to get us rocking. The Milton Keynes Life Long's Performance Group entertained us with some fabulous dancing. Tess from our Staff Council was our lovely P.A. There were nine different awards handed out on the day. The flowers on the table were all made by the students at our school in Wingrave.



Then after a little wait came the award for The Fundraising Champion. 'And the Winner is' yes, you guessed it, it was me. I was extremely happy, it was the greatest day ever. I was presented the award for rising £401 for Memories and Miles for our Milton Keynes Dementia Project's Café last year.



The next Memories and Miles event in Milton Keynes will on Sunday 8th September at Lodge Lake at 10.30am



For more information contact Lorraine



lorraine.devereux@macintyrecharity.org



Lorraine with me

Memories and Miles



MacIntyre

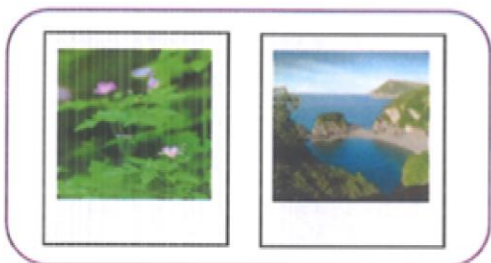
Providing support...your way



Gardens and Greenery Photo Competition



We are having a photo competition



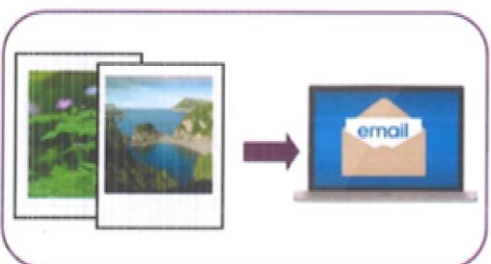
Please send us photos of nature
Things like

- gardens or parks or flowers

It is ok to have people or animals in the photo



The winning photos will go in a calendar that MacIntyre will sell



You can send as many photos as you want in to the competition



You must send your photos and form by

Wednesday 4 September





Celebrations



My 60th by Jo Anne in Flitwick



I have been with MacIntyre since 1971, when I first lived at Westoning Manor. Forward to 2019 and I am still with MacIntyre and in March this year I celebrated my 60th birthday.

My staff planned and organised a big party for me in a local village hall and needless to say I talked about little else for several weeks beforehand.

When the big day finally came I was very excited. The staff had a lot of organising to do to get the hall ready. We had hired a DJ and a photo booth, not to mention all the decorations that had to go up and the food that had to be prepared.



I wore a dress I'd bought for the occasion and had a nice new haircut to make sure I was looking good for all my guests.



Two of my guests inside the photo booth.



Celebrations



My 60th by Jo Anne in Flitwick (continued)



I invited lots of my old friends from within MacIntyre, some of whom I hadn't seen for years, and I'm pleased to say that many of them turned up to help me celebrate.

But best of all, my mum and my two sisters and lots of other family members came to be with me and join in the fun. Even my childhood friend Graham came along, who I grew up next door to in Chingford and played with when we were kids.



My mum made me a lovely birthday cake with 60 candles on. When we lit the candles I think the cake was visible from space and it was hard work blowing them all out, but at least we didn't set off the smoke alarms Ha-Ha. Thanks to everyone for coming and my staff for helping to make my party special.





Rugby match Worcester Warriors v Leicester Tigers



By Andrew and Laurence in Leicester



On Sunday 24th February 2019 two of us, along with our staff Steve and Zoe went along to watch Worcester Warriors v Leicester Tigers at The Sixways Stadium in Worcester for a 1pm kick-off.

We set off at around 11am in our Tigers shirts, the sun was shining and the traffic was following nicely. We arrived at the Stadium just after 12.

Parking was good right next to the Stadium. We got some snacks and drinks then found our seats and began to soak up the atmosphere.



Worcester levelled the scores after 25 minutes. At half time the score was WOR 3-10 LEI.

Warriors levelled matters early in a disappointing second period 10-10 before Tigers went ahead again 13-10 with a penalty on 65 minutes. But Worcester Warriors grabbed a last minute try to snatch victory away from Leicester Tigers.

Final score



**WORCESTER
WARRIORS**
SIXWAYS

17 - 13
HT 3 - 10
ATT 7,487

**LEICESTER
TIGERS**

SUN 24 FEB 19, 1:00PM





My visit to meet The Milton Keynes Dons Football Team by Neil in Milton Keynes



I went to watch the MK Dons first team train at Woughton-on-the-Green Pavilion in April 2019. It turned out to be a lovely day with only one quick downpour of rain.



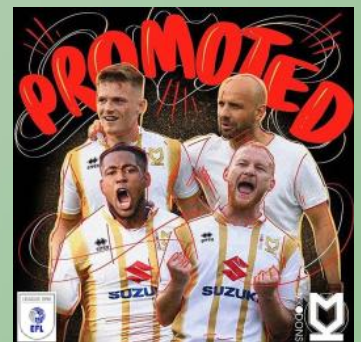
While they were practising taking corners, one of their match balls flew over to me and they let me keep it which was fantastic.



I had a fantastic day meeting the MK Dons. I got to meet The MK Dons Manager Paul Tisdale and I've put all the photos of the day up in my lounge so I can see them all the time.



Some of the players signed my football shirt and commented on it being the first style of shirt issued when The Dons first moved to Milton Keynes.



In memory of Neal in Milton Keynes - 29th November 1966 to 6th June 2019



Homes



My new kitchen and so much more By Steve in Leicestershire



I have been living at my present home for over 15 years, and this year along with this year's spring clean came a spring decoration plan.

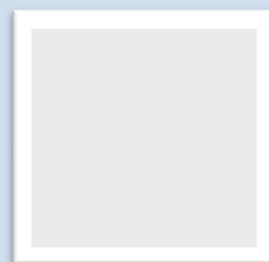
My kitchen and lounge were in much need of some redecorating. With the support staff we set out an action plan for decorating.

The first thing I had to do was find a budget for decorating so we asked MacIntyre and kindly they said yes and gave me and my team the budget we needed.

Then we picked the colour, oh the choices. My team of staff helped me choose a few that they knew I would like to make my final choice easier.



light blue
stone colour



rock salt
colour

As you can see I picked the light blue stone colour, my staff said it would make my kitchen look airy and light, but I just like blue to be honest.





Homes

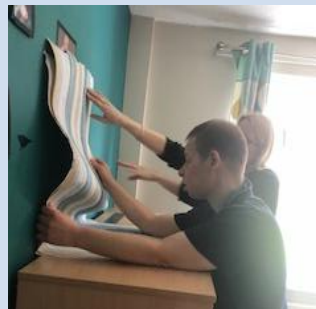
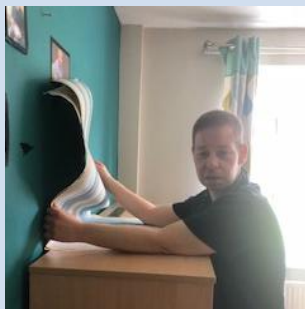


My new kitchen and so much more By Steve in Leicestershire (continued)

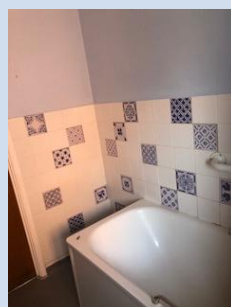


Now for the lounge this was going to be a big job because it's a big room.

We looked at many different colours again, we all felt that a more 'airier look' like that in the kitchen would be best so we picked wallpaper. I chose some textured lined wallpaper that was in-keeping with the colours I had before.



It was time to get down and get on with some decorating so I left it to the professionals 😊 and went off on my holiday for the week leaving everyone to it. When I was away they got on with the kitchen and lounge and also managed to fit my bathroom and do my bedroom. Here is my finished home. Thanks for decorating my lovely home staff.



Thanks to all who helped me get funding for my decorating from the divisional budget. Staff supported me with a ME form to ask for the money from Merle and Kirsty at MacIntyre.



Avocado Dip By Mary Milton Keynes

Things you will need



1 Chopping Board



1 Mixing Bowl



1 Chopping
Knife



Avocado Dip By Mary Milton Keynes (continued)

Things you will need



1 Fork



1 Metal Spoon



1 Serving Bowl



1 Serving Plate



Avocado Dip By Mary in Milton Keynes (continued)

Things you will need



2 Avocados



1 Tub of Greek Yogurt



Salt to Taste



Avocado Dip By Mary Milton Keynes (continued)

Things you will need



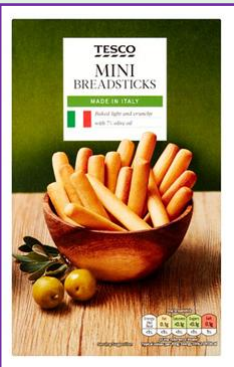
Black Pepper to Taste



A Good Splash of Lime Juice



1 small bunch of Fresh Mint



1 Packet of Mini Bread Sticks



Avocado Dip By Mary Milton Keynes (continued)

What you have to do



Cut the 2 Avocados in half



Take the stones out with a sharp knife



Peel the skins of the Avocados

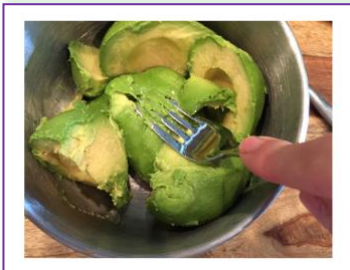


Cut up the Avocados with a sharp knife



Avocado Dip By Mary Milton Keynes (continued)

What you have to do



Mash the Avocado in a bowl with a fork



Pour some lime juice in with the Avocado



Mix in the yogurt in with the Avocado



Mix everything in the bowl together
with a fork



Food and Drink



Avocado Dip By Mary Milton Keynes (continued)

What you have to do



Add salt and Pepper to the Avocado dip



Chop the Fresh Mint and Add it to Avocado dip



Serve the Avocado dip some breadsticks

Send in your favourite recipe to go into The Mag



A simple breakfast
Author: The Chef



Nutrition Information	
Servings	1
Serving size	1 serving
Calories	200
Total Fat	10g
Total Carbohydrate	20g
Total Protein	10g
Total Fat	10g
Total Carbohydrate	20g
Total Protein	10g

Ingredients

- 2 slices bread
- 2 eggs
- 2 slices bacon
- 2 eggs
- 2 eggs

Instructions

1. Put bread in toaster and toast until golden brown.
2. Spread with butter.

Bacon and Eggs

1. Put oil in frying pan on medium heat.
2. Cook bacon until desired crispiness. Set aside on absorbent paper.
3. Crack eggs into pan and cook until desired doneness.
4. Take up and eat.

Notes

Serve with freshly squeezed orange juice.

© 2018 Recipe Magazine

Grandma's Stuffed Zucchini



From: Recipe Book Selections

Yield: 4 Servings

Categories: Side Dishes, Vegetarian

Cook Time: 20 mins

Prep Time: 15 mins

Ready Time: 35 mins

Ingredients

- 2 Large Zucchini
- 1 Small Onion (Chopped)
- 1 Cup Mushrooms (Coarsely chopped)
- 1/2 Cup Celery (Chopped)
- 1 Medium Tomato (Chopped)
- 1 Tbsp Butter
- 3/4 Cup Bread (Crumbs)
- 1 Egg



Signature Cookie Bars

Ingredients

- 1 1/2 cups All Purpose Flour
- 1/2 cup Baking Soda
- 1/2 cup Baking Powder
- 1/2 cup Salt
- 1/2 cup Instant Coffee
- 1/2 cup Unsalted Butter, room temperature
- 1 1/2 cup Brown Sugar
- 1 ea Egg
- 2 tsp Vanilla Extract
- 1 cup Chocolate Chips

Instructions

1. Preheat oven to 350°F.
2. In a small bowl, combine the flour, baking soda, baking powder, salt and instant coffee.
3. In a large bowl, beat the butter and the brown sugar with an electric mixer until light and fluffy. Beat in the egg and vanilla extract. Add the dry ingredients and beat just until combined. Stir in the chocolate chips.
4. Divide the dough into 4 balls and roll each into a log. Place each log into a section of the pan and spread evenly (logs should just sit on pan handle).
5. Bake for 25-30 minutes or until lightly browned.

RECIPES

© 2018 Recipe Magazine





Artwork from MacIntyre



Spring is here

A group artwork project based on our ideas about Spring. Each week we made different items which were joined together to make a larger wall display. Ladybirds out of paper plates, butterflies, chickens and flowers and a few other pieces all had to be bright and colourful. The group enjoyed making the parts and bringing it all together.

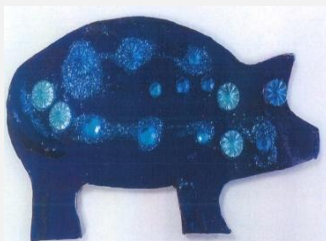


By Karen, Janet, Pam and Lucy in Warrington



Pottery Pigs

A pottery project for Chinese Year of the Pig. We rolled out the clay and cut out our pig shapes and gave them a curly tail. After they had been fired in the kiln we sanded them and used coloured paint to decorate our pigs in any way we wanted. We chose our own colour and then used glitter and gems to really make our pigs look glamorous. Every one was pleased with our pigs once they had dried and looked their best.



By Laura, Helen, Arthur, Keeley and Kirsty in Warrington



We had an Easter egg hunt by Milton Keynes Lifelong Learning



All at Milton Keynes Life Long Learning in Bean Hill had an Easter Egg hunt we all pitched in and painted eggs and made carrots too.

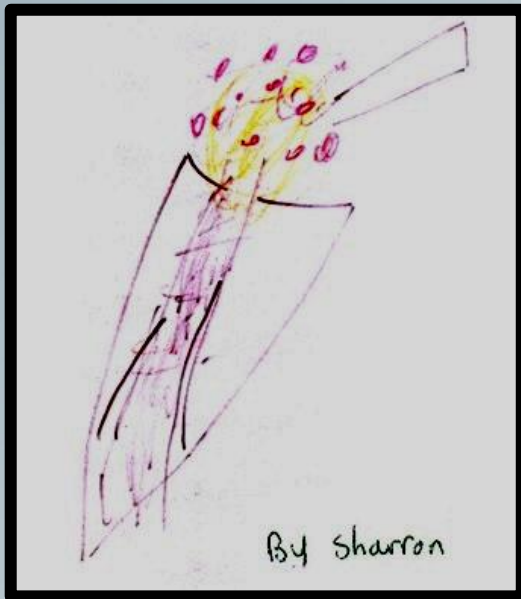
The eggs were hidden and everyone from Bean Hill had to search for the painted eggs. Whoever found the most was the winner.

The pictures show us all making eggs and carrots and there is a group shot of us all.

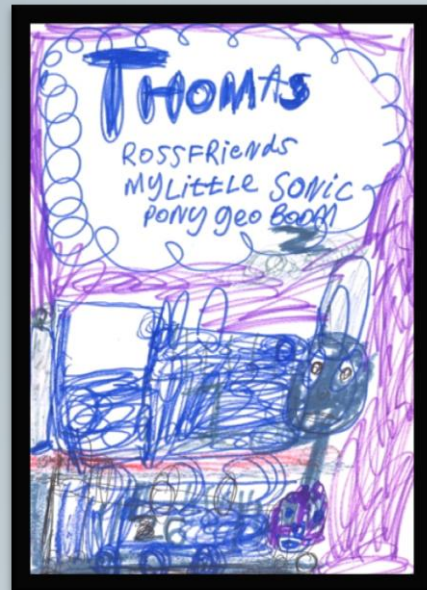




Artwork from MacIntyre



An ice cream by Sharron
in Milton Keynes



Thomas The Tank Engine and Friends
By Ross in Hampshire



My sewing by Julie in Chesterfield



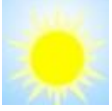
This is a picture below of my embroidery work that I have been doing.

It has taken me about six weeks to do it all by myself. I made it for my niece and her parents are going to hang it up on her bedroom wall.

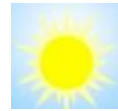




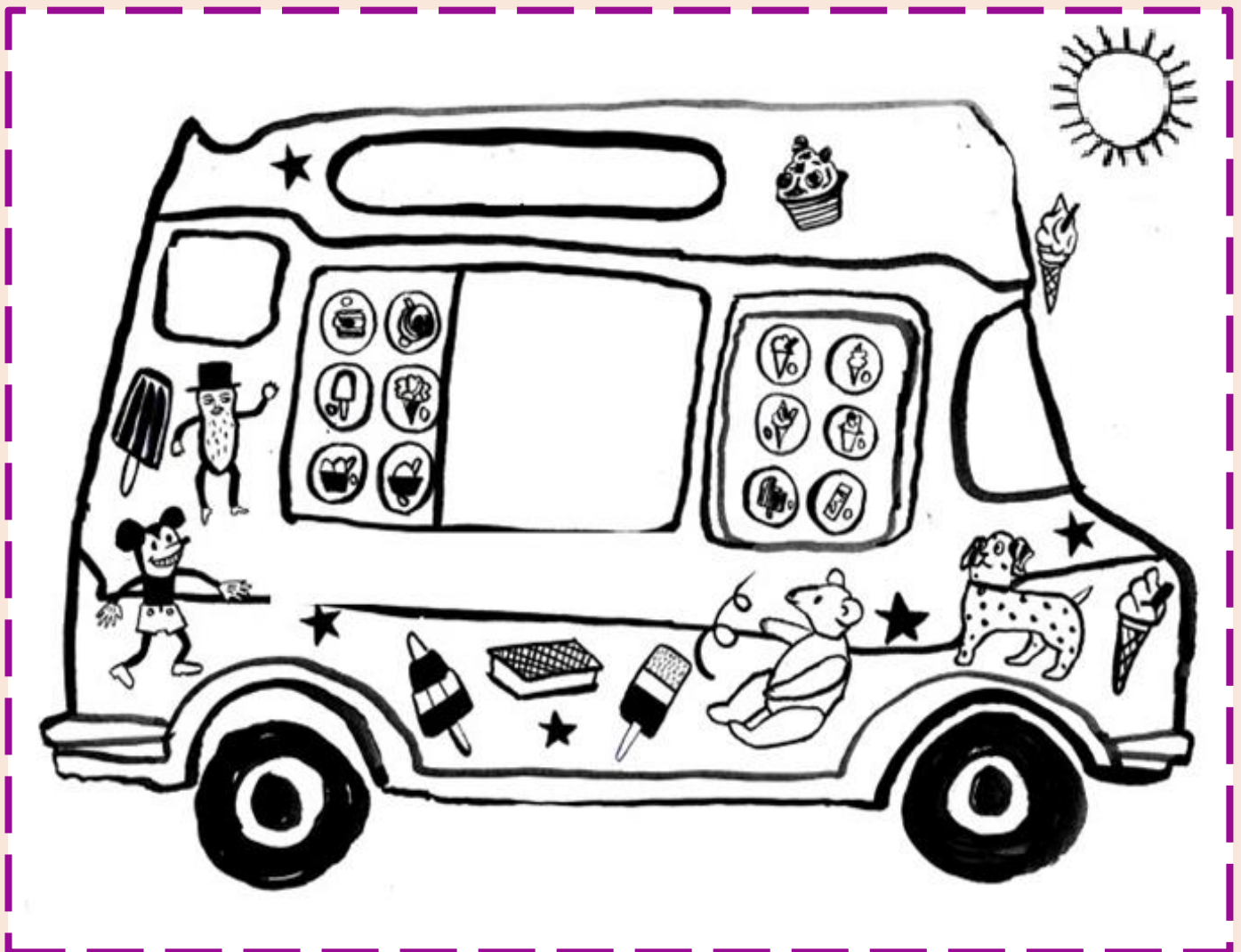
Competition



The Mag Summer Competition



Colour the ice cream van in and the winner of the best van gets a colouring set.



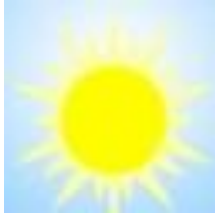
How to Enter

Send your entries with your name and contact address on the back of your picture to The Mag at the address or email on the back of this mag.

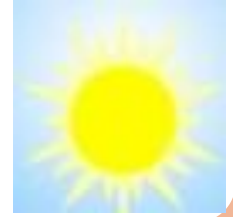




Competition



Summer signing words



Beach



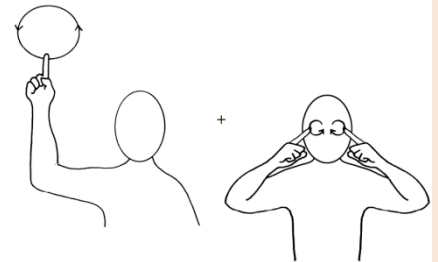
Beach



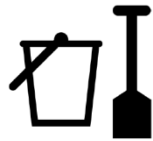
Sunglasses



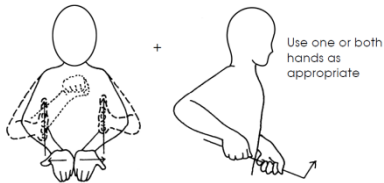
Sunglasses



Bucket and Spade



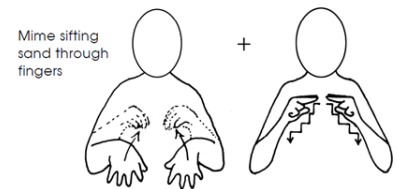
Bucket and Spade



Sandcastle



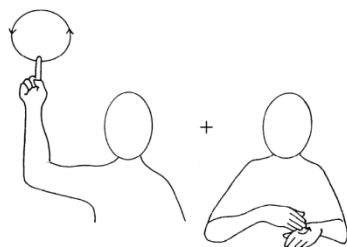
Sandcastle



Suntan Lotion



Suntan Lotion (sun cream)



Ice Cream



Ice Cream





Competition



The Mag Spring Competition winners



X	I	A	G	G	L	G	Z	P	Y
U	R	B	U	L	B	S	W	V	E
Y	H	R	M	P	E	Y	A	V	P
V	W	L	A	M	B	S	Y	Z	J
O	C	H	I	C	K	S	K	F	V
Q	D	E	A	S	T	E	R	M	L
T	U	A	E	G	G	S	R	R	S
D	V	A	B	U	N	N	Y	H	X
C	F	L	O	W	E	R	S	Z	U
S	K	N	W	A	Y	L	O	C	I

Answers

Lambs
Eggs
Chicks
Flowers
Easter
Bunny
Bulbs



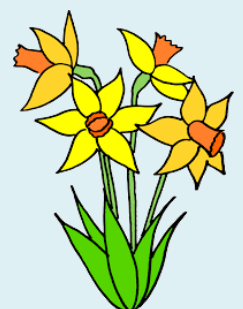
The winner of Word Search Competition and runners-up.



1st prize - Lloyd in Milton Keynes



2nd prize - Debbie in Batchley





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