



The Mag



MacIntyre
Providing support...your way



Autumn 2019



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



The Mag Group



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Welcome to **The Autumn 2019** issue of The Mag.

The **artwork** on the **cover** was created by people we support at **Rowan Close**. See more of their art on page 26.

Our Autumn **Competition** can be found on page 27 so please enter there is a **prize** for the winner. On pages 12 and 13 read all about **Life Books**.

Also, **welcome back to Joe** who has rejoined The Mag Group.

We hope everyone enjoys reading **The Mag**.

From Sharon our Editor.





What's inside



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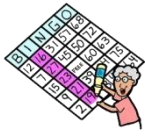
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Autumn Competition



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Summer Winners



Saturday Club by Max in Leicestershire



I got up early on Saturday because I needed to leave the house at 9am when my support worker Helen, was arriving. It was a lovely, sunny morning and we walked to the bus stop while chatting about my week at college.

The bus arrived and we spoke about my favourite cartoon characters while going to the city centre. Once there, we caught another bus to the Saturday Club that I attend. I like getting the bus because I get to speak to my carer and enjoy the comfy seats.



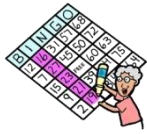
For around 2 years I have been attending a Menphys club for 18-25 year olds on a Saturday. I like seeing my friends there and the staff make me laugh.

I enjoy the different activities. The party games are my favourite. I am very good at sport and often play boules, archery and other fun games.





Hobbies and Interests



Saturday Club (Continued)



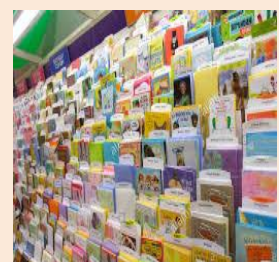
Today we played Bingo and I made a great Bingo caller. We then had a professional dancer to teach us all some great moves for our Christmas show.

I ate lunch with my friends and enjoyed trying some cake that a staff member for the club had made.



Afterwards, we got the bus into town and I bought my friend a birthday card.

We wandered around some of my favourite shops including the computer games shop and DVD shops. It was then time to catch the bus home. I had a good day.

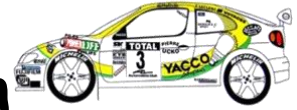




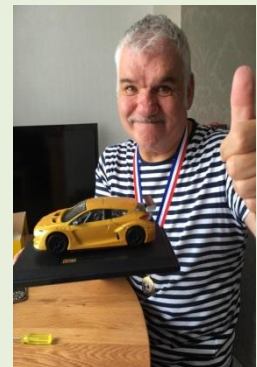
Hobbies and Interests



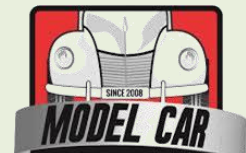
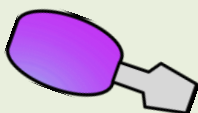
Building a model car By Keith in Warrington



On my first trip to the craft fair in Walgherton I bought a model car kit to build at home. It was the first kit car I was building so I bought a metal car due to it being easier to clip together rather than gluing.



I opted for a Renault Megane rally car in gold. A few weeks passed until I finally got round to assembling the car. It took around four hours to complete but boy was it worth it I had so much fun making it and I wanted to buy more.



My Staff supported me with the difficult bits of assembly the hardest part was getting the seat belt in which took staff an hour to do and since assembling the car, I have been back to buy two more model kits, a Dodge Viper and a fighter jet. I have become quite the keen model builder.





Hobbies and Interests



Working at the Garden Centre By Ross in Redditch



I love going to Spermal Ash Garden Centre, it's the business. I go for two days a week and boy is it two days well spent.



Recently I was shown a lot of different task to do and I loved it and that was instead of doing my usual job running up and down.

I sat down and I never moved a muscle as I was so occupied with my job I was doing. I was laying bricks. Mucky work but someone has to do it.





'Jellyfish' Play at The Theatre By Anthony in Milton Keynes



Following a sold-out run at the Bush Theatre last year, Sarah Gordy returned to play Kelly for a limited run of this radical and heartfelt new play.

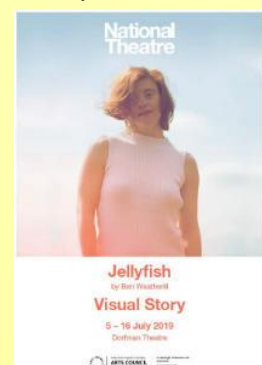
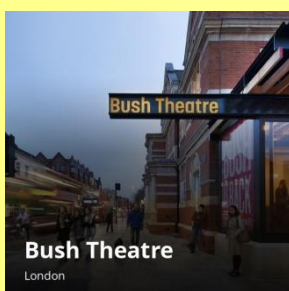
Kelly likes dirty jokes and finding creatures washed up on the shore. Neil likes Kelly, who makes him dizzy and breathless. But Agnes, Kelly's mum, struggles to accept their new relationship.

Jellyfish is the story of a first kiss, chips by the beach and coming of age with Down's Syndrome in a seaside town. It's a unique romance across uncharted waters which asks: does everyone really have the right to love as they choose?



I thoroughly enjoyed the play, it raised other questions for me in addition to the questions raised by the play. I thought it was good that the cast was played by people of the exact nature.

Kelly, a lady with Down's Syndrome was played by a lady with Down's Syndrome and Dominic a guy with Asperger's Syndrome was played by a guy with Asperger's Syndrome.





Sport and Leisure



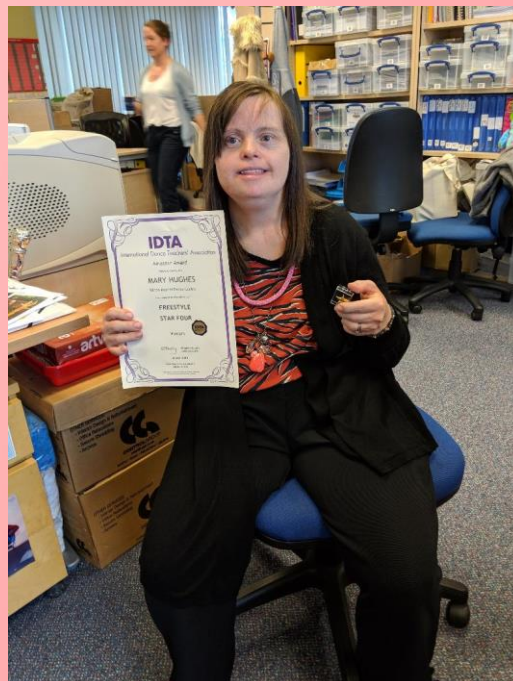
Strictly Come Dancing Award By Mary in Milton Keynes

Every Monday I go dancing at Newport Pagnell with my friend Mark. We dance freestyle to all different types of music solo which is dancing by myself.

I was awarded a cup, certificate and medal for my dancing and came first. I was very happy.

I like dancing because it keeps me healthy. My favourite dancing is 'Blind Date' and the song 'Let Your Mother Know'.

Below is a photo of me with my medal and certificate.



I enjoy dancing so much I give it 6 - why don't you give it a try!





Chesterfield's Memories and Miles By Rav in Chesterfield



In September along with my staff and other learners with their families from Chesterfield we did the Memories and Miles walk.

I walked 3 miles which is a long way for me, but I did it with the help of Wesley my staff.

At the finish line I received a medal and goodie bag to keep. I felt great and everyone at my centre was so proud of me. It was a really good day.

Maybe next year I'll try walking 5 miles if I start my training, so keep a beady eye on this space.



Memories & Miles

An event to remember...



Memories and Miles at Great Holm in Milton Keynes



Sunday 8 September 2019 was Memories and Miles at Great Holm it was a coming together event for the community of Milton Keynes. We had lots of volunteers who gave up their time for free and did a good job. Mary and Rachel led the warm-up dancing at the start of the walk.



Money Raised



£222.03

£0

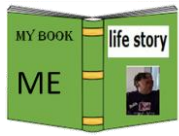


The coffee shop was open serving bacon rolls afterwards. Lorraine was buzzing around making sure everything was going well. Agnieszka took lots of pictures and Nicky was doing all the raffles and making sure everything went smoothly it was a big team effort.

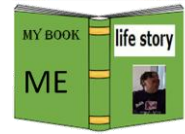
It took a time for me to complete Lodge Lake. I raised **£222.03** and altogether MacIntyre raised **£600** from the day. All the money raised will be going to the Memory Café in Great Holm.

Thank you to all the staff that made it an event to remember. This was my 2nd year and over the two years I raised **£614.10**. Roll on Memories and Miles 2020.





Working on life story book by Rachel in Milton Keynes



In my life book I have a lot of photos of me when I am working.

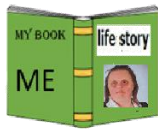


I like to look at the photos - they help me to remember.

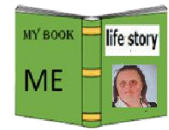


Having words under each photo helps me remember when the photo was taken and what I was doing.





Life Story by Rosie in Milton Keynes



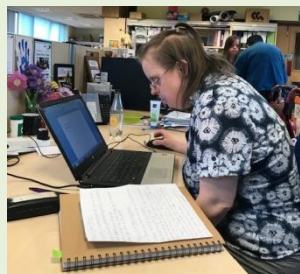
What is a life story?

A life story is something that can be written, using pictures, photos, and symbols.

Pictures that people can recognise helps. Writing under the photo helps you to remember what you did in the photo.

Why is a life story important?

It shows in the photos what work I have been doing with the group and project.



Tell me about your life story book?

I began doing this Life Story Book from the beginning from last year with the Dementia Project.

I've started writing up what we've been doing from looking at each of the photos.

It highlights the days I have been with the group such as the Marjorie Newton Wright awards filming and presenting. It makes me proud. I keep adding new photos to my Life Story book.



Signing words



Biscuit



Hungry



Television



Medication



More



Rain



Surrey Court and Sovereign Way Tea Party



Everyone from Surrey Court and Sovereign Way had a lovely tea party.

A special guest Emma Killick our Director of Adult Services drove down all the way from the Milton Keynes Office especially to be with us.

We had lots of cakes and other tea party food. Even the tables were dressed for the party in special tea party table cloths.





Celebrations



My Birthday by Sara in Milton Keynes



Hello The Mag and everyone who reads The Mag, it was my birthday I had a party. I had lots of cake and a cake with candles to blow out.



Everyone got me a present and we all had fun as we ate all the party food. I had a smile seeing sharing my party with my friends.



I was excited because it was my birthday. I liked dancing to the party music.

Thanks to my staff for putting on a party for me.





Holidays and Day Trips



London Zoo by Basil in Milton Keynes



My friends and along with Julie my staff went to London Zoo on a coach for the day we saw lots of wild animals and had lots to eat.

What I loved best of all was big black gorillas and I liked to see the lions with their big teeth and the giraffes with their long necks.



We saw a female monkey with her baby on her back and tones of other animals.



We had ice-cream and we went to the zoo shop and the zoo was a roaring success.





Holidays and Day Trips



Butlins holiday by Jonny in Milton Keynes



I went to Minehead Butlins it was fun and I love crazy golf and going beside the seaside eating fish and chips and of course ice-cream.

I stayed in Butlins and they have a fun fare and I went on the rides and had a look round Minehead. I also saw a Punch and Judy show. Punch said 'that's the way to do it' Mr Punch was always hitting Judy over the head and it was funny. ☀



When I'm at MacIntyre I work hard at Stony Coffee Shop serving everyone in Stony and I work in Office services in Central office taking and delivering the post.





Holidays and Day Trips

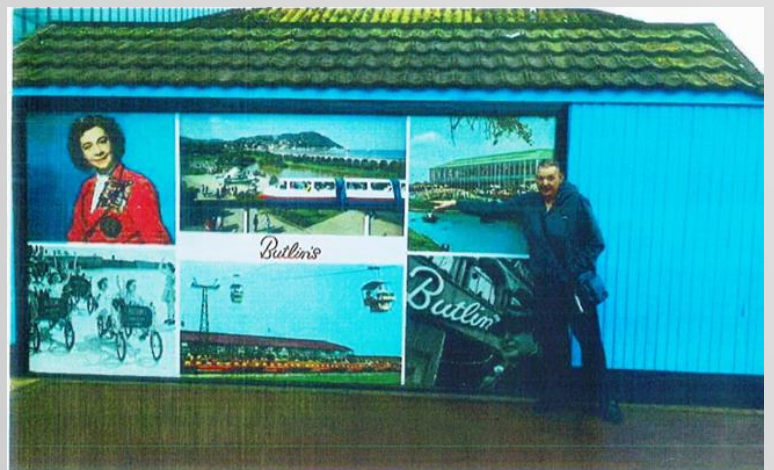


My Holiday in Minehead By Joseph in Worcester



Over May bank holiday I enjoyed a weeks in one of my favourite places, Butlin's in Minehead. I stayed in a very lovely apartment with a view of the beach and sea.

I enjoyed some great days out; I loved seeing the pigs at the Cider Farm and had a day of shopping at Clarks Village, with a stop off for tea and cake.



Each evening I enjoyed the entertainment at Butlin's centre stage. A fun week all around and I can't wait to go back next year.



Moving House by Sandra in Warrington

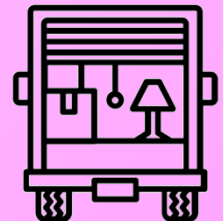


I had a meeting with my staff as I wanted to move house. I agreed with my staff to move into a bungalow.

I had a plan of action with my staff on how I wanted to decorate my home. I had help to measure for curtains and carpets.

When I first saw my bungalow I signed mine and staff then knew I'd be happy here.

I chose magnolia paint for the walls and 4 coats of paint later it was done, and then I chose a wardrobe, carpets and furniture.



After the great job of decorating I decided to move in on 12 June 2019. I was so happy I was moving that every time I met someone I just had to say 'I am moving'.



I think it's safe to say my staff and I would have given the TV programs '60 Minute Makeover' and 'DIY SOS' a run for their money. 😊 I love it here.



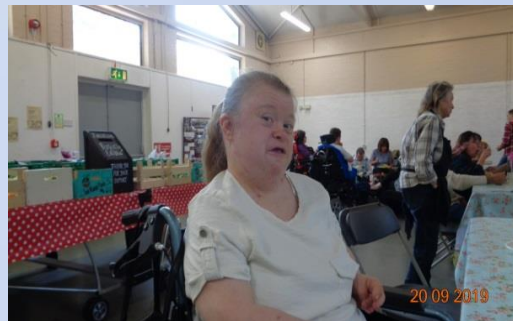


Trying something new by Janice in Leicestershire



I have recently started a new activity at a community project called 'Perfectly Edible UK'.

They are a not for profit company who's main objective is to reuse surplus food that would otherwise have been sent to landfill rubbish.



They have a community café each Friday where you can enjoy a three course meal made entirely from surplus food.

They also have a "pay as you wish" market stall where you can buy fresh food and household items for a small donation.



I hope to make this my new weekly activity, after all it is not just about the food, although the pudding was lovely!

It is also about getting out and about in the local area, improving my health and wellbeing, reducing the environmental impact of food waste and giving back to the community. I love it there.





Thick hot chocolate



To make thick hot chocolate you will need

- a pan



- a teaspoon
- a tablespoon



- a whisk



- a wooden spoon





Food and Drink



- 750ml of milk



3 tablespoons of cocoa powder



3 tablespoons of maple syrup



3 tablespoons of cornflour



2 teaspoons of vanilla essence



1 teaspoon of cinnamon



Food and Drink



In the pan whisk together the

- milk
- cocoa powder
- corn flour
- maple syrup
- vanilla
- cinnamon



Stir all the time and bring to a simmer



Simmer for 1 minute



Remove from the heat and stir until melted



Pour into a cup

Drink and enjoy



Going to Jewellery Classes by Kath in Redditch



I have recently started attending jewellery classes. I have made lots of friends there the classes are open to anyone who would like to learn how to make jewellery.

I am doing really well all the staff are impressed with the pieces I have made so far.

I really appreciate my support worker Loraine who found the class for me. It's good to have a hobby and keep yourself busy as it can be lonely living on your own. I would say to anyone find something you enjoy.



Artwork by Rowan Close





Competition



Autumn pumpkin Colouring Competition

A picture of a winter scene for you to colour and the winner will receive an art set and their picture on The Winter Mag cover.



Please send your entries into The Mag at the address given on next page.



Time Competition winners



Karen from Redditch



Louise from Chesterfield



Debbie from Redditch





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