



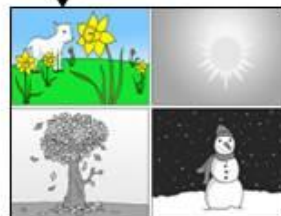
MacIntyre

Providing support...your way

The Mag



Spring
2020



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



The Mag Group



**Emma
Killick**



**Joe
Stewart**



**Anthony
Tull**



**Sui-Ling
Tang**



**Mary
Hughes**



**Sharon
Pratt**



**Donald
Delmohamed**



Welcome to The Spring 2020 issue of The Mag.

The artwork on the cover was created by Dan in Warrington and see more art from around MacIntyre on page 20.

We have a Rainbow Competition which can be found on page 21. Please enter as there is a prize for the winner.

Please read page 16 for the lovely story about boxing
We hope you find reading The Mag.



From Sui-Ling our Editor



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Spring Competition



The Learning Disability England Conference by Vicky in Wirral



I am one of MacIntyre's Checkers and last February, I went to the Learning Disability England Conference in Manchester.

Jackie wrote out my schedule for travelling and I travelled independently to Manchester from New Brighton, Wirral.

I met Jackie at Manchester Piccadilly train station and we went together to the conference.

There were different people talking about how things should improve for people with a Learning Disability.

We also went to the workshops; one was about people having relationships called Supported Loving. We talked about people wanting relationships and what we may need to stay safe.

We had a lovely lunch while we were there, lots of people were there and everyone was friendly.

In the afternoon, we learnt about how we can campaign to make things better with Learning Disability England.





My experience of being a presenter for a Radio 4 documentary By Sui-Ling in Milton Keynes



I met a lovely lady called Emma who is a producer working for Whistledown Productions. Emma approached me and asked if I wanted to make a radio programme called "Assisted Loving". I think she must have spoken to someone about me who had seen me in the C4 news film about relationships that I did.

I had to meet her first. We met at a coffee shop and she told me a little bit about the radio programme we were going to do. We looked at the suggested content and the order of the information.

Emma asked me quite a lot of questions about myself. Emma later visited me at my house to do some recording. First I showed her around and then she did some recording with me about relationships.

Emma interviewed Lloyd (my fiancé) and me. I then interviewed lots of people that included parents, a lawyer, an author, a sex worker and Claire Bates the founder of the Supported Loving network.

It was quite different to doing the TV film. It was different as we had a plan of what we were going to talk about.





My experience of being a presenter for a Radio 4 documentary By Sui-Ling in Milton Keynes (continued)



We recorded at two studios. One was quite small. It was quite nice in the studios.

When I recorded the voice over I practiced reading it. I had to do it a couple of times to get it right. Emma and I also made changes to get better words that people will understand. It took a long time to edit and make sure that everything had been done. Then Emma told me it was the finished piece.

I had listened to it and I think I sound really different on the radio. I enjoyed doing it and meeting Emma and her colleagues at the studio.

It was good to do a thing about relationships because people will listen and hear all the good things about people having relationships.

Not everyone has a relationship because some people find it difficult to meet people and form relationships and don't always get the support they need. They may not talk about it and so end up on their own. I enjoyed presenting a lot.





We are Dental Health Champions By All at i4t in Derbyshire



Hello from everyone at i4t at MacIntyre. We would like to share with you some information about our roles as Dental Health Champions.

'Did you know there is loads of sugar in a can of tomato soup?' 'No I here you say'. Well we at i4t group didn't know either until we became Dental Health Champions.



i4t group were asked by Sheral Wood an Oral Health Practitioner in Derbyshire, if we would like to take on this new role in Derbyshire. We said 'yes - as long as she teaches us what we need to know'.

What we have been learning about is sugar in foods, how to clean and brush your teeth and for how long teeth need to be brushed. So far we have learned about



- Brushing your teeth twice a day



- To eat some sugars with your meals is ok and to eat less sugary foods and drinks in-between your meals.



We are Dental Health Champion: By All at i4T in Derbyshire (continued)



- When brushing your teeth brush them for 2 minutes



- That we need to start brushing from the gums in a circle movement



- That an electric round headed toothbrush is best



- That we need to use a pea sized blob of toothpaste



- To spit out the toothpaste into the sink and not rinse your mouth with toothpaste still inside



Signing words



Dinner



Drink



Finished



Table



Hot



Hand can move in any direction

Go



Wash your hands



CORONAVIRUS

Coronavirus is an illness that makes people sick.



I can get this by being near sick people when they cough or sneeze.



I can also get it if I touch something a sick person sneezed on, coughed on, or touched.



To stay healthy, I should avoid places where there are lots of people.



I should wash my hands when I cough, sneeze or use the bathroom.

wash hands



I should try to not touch my face.



PAautism.org

Pennsylvania's leading source of
autism-related resources and information
877-231-4244

The ASERT Collaborative is funded by the
Office of Developmental Programs,
PA Department of Human Services.





What we are doing in Lockdown



Lots of baking, cooking, colouring, painting, bingo, quizzes, jigsaws, craft planting flowers, planting vegetable, face painting, sewing and making films

Send your Stories to the Mag and share what you have been doing.



Food and Drink



Salmon and cream cheese sandwiches for people who need soft foods



To make salmon and cream cheese sandwiches you will need



- 300g of bread with no crusts



- 900mls of full fat milk



- 25g of vege-gel



- 1 tin of salmon





Food and Drink



- 250g of full fat cream cheese



- 2 scoops of Thick and Easy



- Food thermometer



- Metal tray



- Cling Film



- Piping bag



Food and Drink



- A pan



- A blender



- A serving plate



- A spatula



- A knife



- A bowl



Food and Drink



Put the bread and the milk in the pan and heat until it is 90°C



Blend them with the blender until it is smooth



Add the vege-gel and cook for a few minutes



Line the tray with cling film then pour the mixture into the tray
Smooth out the mixture and let it set



Drain the salmon



Mix the salmon and the cream cheese together and then blend with the blender



Add the thickener and leave for five minutes



When the mixture has gone thick put it in the piping bag



Once the bread mixture on the tray is cold pipe the cheese and salmon mixture onto half the bread



Fold the side with no mixture onto the other side



Cut into 15 triangle sandwiches



Our Chinese New Year meal with dragon dance to celebrate the Chinese New Year By all at our service in Kent



This Chinese New Year we went out to a Chinese restaurant with our staff. Before we went we had our own creative time designing and creating our own Chinese New Year dragon at our service.

This involved lots of thought. We were given a part of the dragon's body to decorate. It was amazing when it was put together. We had stripes, glitter, multiple colours and it was a very well designed dragon.

We all were very proud of ourselves and our staff.



After the creative session we all headed off to our local Chinese restaurant to enjoy a fun evening with delicious food and an amazing Chinese dragon dance arranged by the people who own the restaurant.

The dragon dance was brilliant and exactly what you would imagine if you visited China for their new year's celebrations.





Celebrations



My 65th birthday By Ian in Milton Keynes



I had a lovely 65th birthday. Thank you to the band Murphy's Law for a great time. I danced lots to Elvis I like him the best.





Sports and Leisure



Like going to Boxing By Afzal in Radcliff



I like to go to boxing events and boxing chat shows, so I can listen to boxers giving their life stories and their background. I love to buy anything to do with boxing, especially autobiography books and to get them signed by the boxers, saying Best wishes to Afzal.

I also enjoy getting dressed up in my suit and have an evening meal at the chat shows and have my picture taken and framed with each boxer.

Most of the time, I enjoy quizzing the guests on my table about the boxers, asking them what each boxers date of birth is and what year did the boxers fight certain boxer, because I am really good with dates and I can tell you if you are correct or not.

When I attend a boxing match, sometimes they can be quite far away, so I sometimes may stay over in a hotel.

If the match is abroad, then I will buy it on TV and stay up very late to watch it. I have even purchased boxing gloves, got them signed and had them specially boxed up so I can raise money for charity.

Here are some of my boxing photos I do have loads more.





Hobbies and Interests



My Success at Woodwork By Kevin in Chester

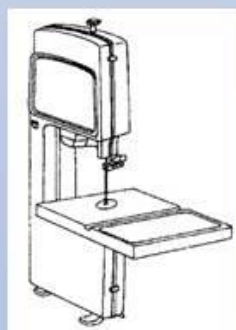


I am pleased with 'Men in Sheds' Chester I've learnt how to mend items and make new things. So far I have made several items for my flat including a spice rack and a CD and DVD storage case.

I am very helpful when it comes to tidying things up in the right order and sorting fixings into sizes.

I love using my new tools and equipment with help I've worked with a band saw, jig saw, lathe and all sorts of chisels.

There are now plans for me to make small cabinet next.





Hobbies and Interests



My knitting for new born babies By Mandy in Milton Keynes



I have been busy knitting for new born babies. I been knitting cannulas sleeves.

These are used for babies receiving IV antibiotics and the little knitted cannula sleeves cover the tubes.

Helping to stop them being pulled out or knocked they are single patient use and hospitals never have a good supply.

Here are photos of me with some I have already finished and the latest one I'm working on. Here are some of my knitting pictures.





Our art work By people in Derbyshire



John made an owl in pottery



Becky made a flamingo



Maria made a card for her dog Willow



Carl made a garden gnome



Art and Craft



Art work by Dan in Warrington



Spring Art work by Chloe in Essex





Competition



Spring Competition



Rainbow Competition

The Mag is running a rainbow competition and we would like you to send in rainbow artwork. It can be a drawing, colouring in, painted so long as its your own art work.

The winner get their rainbow on the summer cover of The Mag and you will win a fab prize. All entries will get shown on The Mag's arts and craft page.

Please send entries to Donald at the normal Mag Address and email address below with your name and contact details and good luck to all.

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