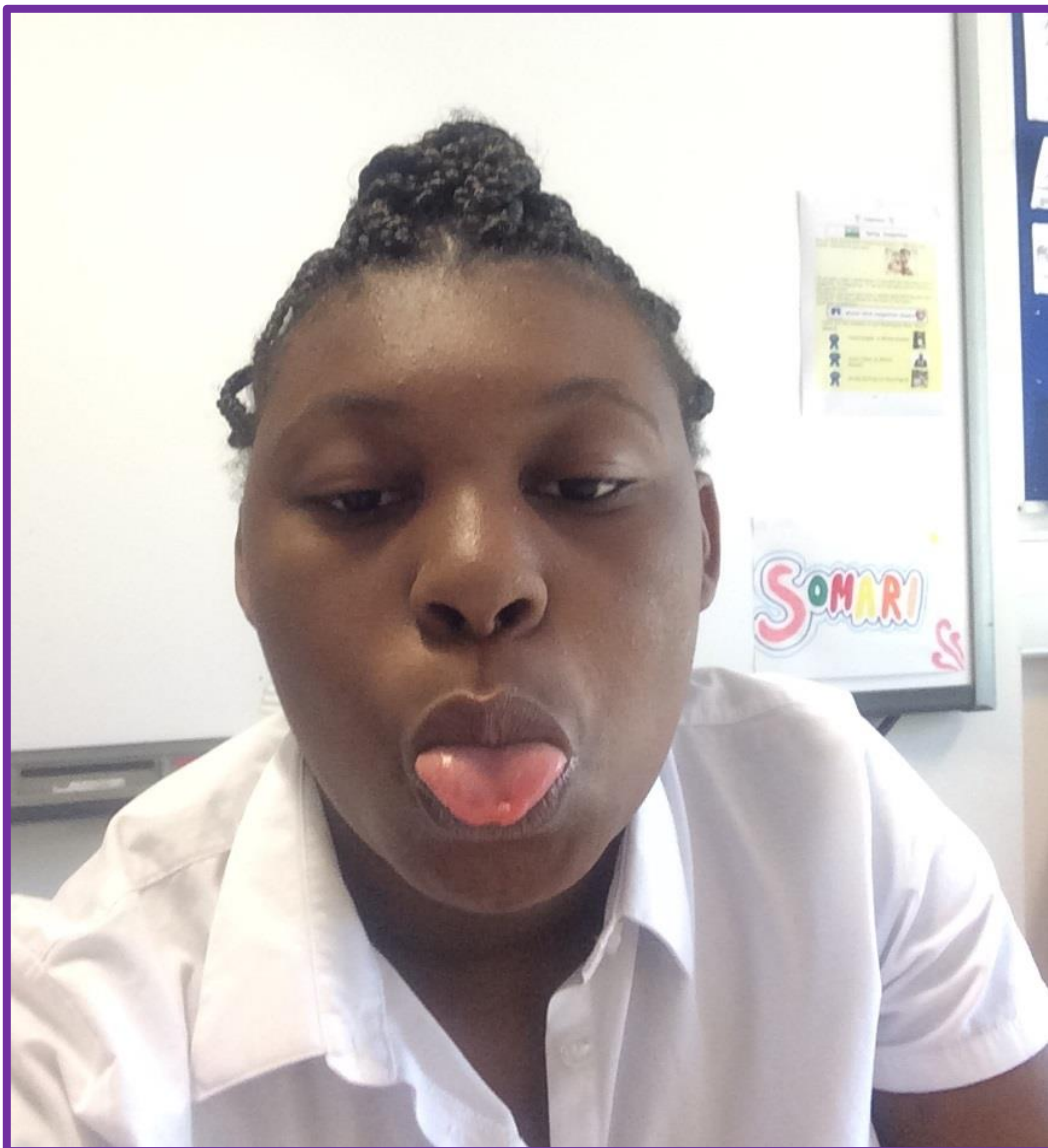
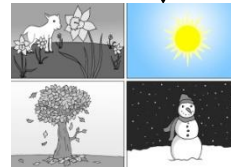


Summer 2018

The Mag



MacIntyre
Providing support...your way



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



The Mag Group



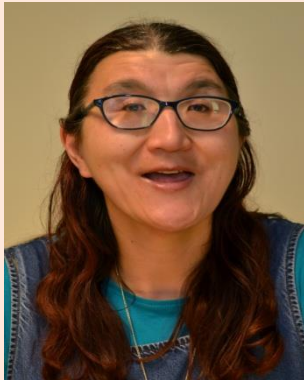
Anthony Tull



Mary Hughes



Sharon Pratt



Sui-Ling Tang



Emma Killick



Donald Delmohamed



Welcome to The Summer issue of The Mag.

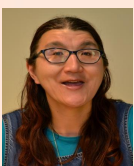
In this edition we have a story about going for a smear test by i4t on page 10.



The Summer cover is our selfie competition winner which is Sherifah from Wingrave School

The Mag Group hopes everyone likes reading this edition and everyone enters the Autumn Competition.

From The Editor Sui-Ling.





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Art and Craft



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Spring Selfie Winner and spot your photo



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Competitions



The Royal Wedding of Harry and Meghan By all at Warrington



We had a bit of Royal Wedding fun at our Learning Centre. We made some Union Jack bunting and we baked and decorated some cakes and in the afternoon we played a royal game together and ate our cakes.

Everyone enjoyed the whole day we had some fun and yes, the cakes tasted very nice indeed.





Celebrations



Celebrating the Royal Wedding By all at Holmewood

We at Chesterfield thought we would celebrate The Royal Wedding of Prince Harry and Meghan Markle in a fun and light hearted way so we made cut out face masks of HRH Duke and Duchess of Sussex as they are now known as.

We also did face masks of some of the other members of the Royal family that attended their wedding as guests.

We all had a laugh doing it and we even put up bunting behind us.





How I celebrated my 60th Birthday By Christine Nash



I celebrated my 60th Birthday. I attend a local Church and Age UK keep fit. I invited my friends to come along to my party to help me celebrate.

Some of my neighbours where I live came to my party too. It was a real celebration.

The party was at a local pub, where we had a disco and a photo booth which was a great hit.

I am not feeling too well so the party was a real boost it was just what I needed.

I had the most wonderful time and so did all my guests.



Me with all my cards and gifts



Llandudno weekend By Susan MacDonald



I went to Llandudno for the weekend and I was very lucky because it was the Armed Forces Weekend.

I went on the train which was very exciting. My Hotel was on the sea front near the Pier.

On the Saturday morning it was the Armed Forces Parade, and I saw lots of Military Soldiers, and Princess Ann was also there. After the Parade The Red Arrows did an air show, and then the Jets flew over which were very noisy.

There was also a Battle Ship in the bay; it was fantastic; there were lots and lots of people there.



Me watching the Parade



The Red Arrows

On the Sunday I went to Conway and saw the Smallest House. At the night time I went to the Theatre to watch a Dance act they were great. I had such a lovely weekend and then home again.



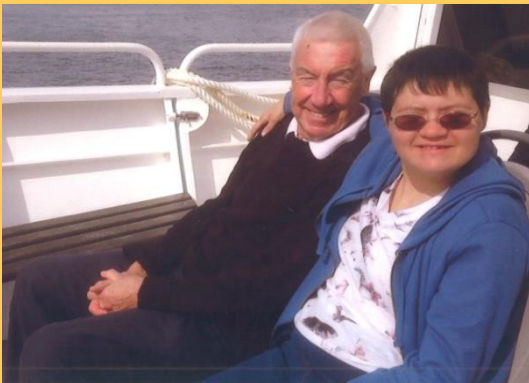
The smallest house
in Conway



My Holiday in France By Jenyth Elcome



I went on holiday with my family and we travelled from Portsmouth overnight on a ferry, we slept in a cabin. We had food and drink on the ferry.



When we got to France we stayed in a place called Dinard. On the Monday we went on another ferry trip to another place called St Malo and looked at some stained glass windows and we went down lots of steps around the castle borders and looking at lots of boats. I did a lot of walking on my holiday.



Whilst on holiday I ate goats cheese and walnut salad, salmon with a sweet lovely sauce, mussels with fries and coffee profiteroles. I had a good holiday.



Rising money for Curly Tails By John Forrest



I attend Curly Tails Pig Sanctuary in Newton Longville once a week for work experience.



Me and my staff decided to do a sponsored walk to raise money for Jane to help support the rescue of pigs in the future. Jane has currently re-homed over 30 pigs and has more on the way.

Jane supports me to build confidence and independence and learn new skills which I can take away with me for the future.

Twenty five of us took part in a sponsored walk and managed 5km around Willen Lake. Both learners and staff managed to raise a huge £329.20

Jane has purchased a new trailer using the sponsor's money raised; and this will help re-homing more pigs in the future by making journeys for the pigs easier and safer.





Going for a Smear Test By The Ladies at The i4t group



Us Ladies at the i4t group in Chesterfield had a special day spent talking about going for a smear test. It was Cervical Cancer Prevention Week. Next year's Cervical Cancer Prevention Week is from 21 to 27 January 2019.



To start with, we looked at a video made by Jo's Trust. This explained what it means to have a smear test and gave good advice about why it is important. Together we looked at a picture book called 'Keeping Healthy Down Below' by Books Beyond Words and then we looked at some leaflets made by the people at Jo's Trust.

The information was really useful and we talked about how we felt about having a smear test. We had many different views. Some people thought it was very important, and felt everyone should have a test as it could prevent cancer and others were not keen to go for a test. It certainly had us talking.



For more info contact
Sarah Ormston (Specialist Health Advisor
and Dementia Project Manager)



sarah.ormston@macintyrecharity.org



Making T Shirts for Children in Namibia by Prints Charming



We have been working at Prints Charming making T Shirt prints for the children and staff at a nursery in the African country Namibia. 😊

We wanted to help the charity so we put some money together between us to pay for the materials.

We thought about what design they would like and tried out different ones. We cut out the designs and Jane then posted them out at the post office in Holmewood.

There are some pictures of us making them and the children wearing the finished designs and yes were very happy with them.





Sailing with Sailability By Rav Singh in Chesterfield



I have been going to Sailability for about 3 years now. We met the voluntary group who works at Carsington Water in Derbyshire at a local task force event in Bakewell.

I wanted to drive an off road car but I thought with my staff that sailing a boat would be the next best thing and that's how it all began.

It's such a popular activity with everyone. We all love sailing.

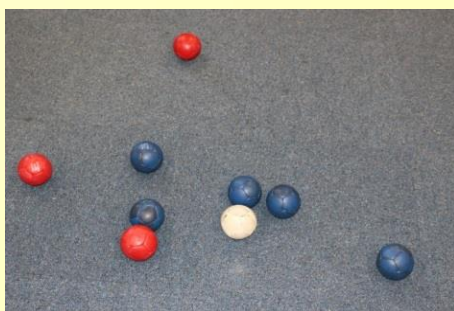




Boccia By Fletchers Mews



Everyone at Fletchers Mews loves a game of Boccia. Boccia Paralympic sport similar to bowls played by pairs or individuals. People take it in turns to throw their coloured balls (blue or red) as close to the jack (white ball) as they can and the one with the ball closest to the jack wins.



It can become very competitive and everyone gets involved. We all have lots of fun and enjoy trying to win. So the Wednesday group came up with an idea to create a trophy which can be handed to the winning team.



For more info about the sport of Boccia search online for Boccia UK

Boccia



BOCCIA
UK





A Blog I wrote about Table Tennis By James Lawman



Recently I was asked to play Table Tennis for the ICT (Information and Communications Technology) Project blog.

I wrote the blog myself and had photos to go with my entry. I don't like Table Tennis but I like college, so it evens out the situation. Going to college is so amazing. Some people like table tennis but I have never seen the appeal of it.

But I can almost understand why others like it.



I can safely say that it was intense and now because I want to, I will explain why people enjoy table tennis. It's because it improves your concentration, your reflexes, hand eye co-ordination, body balance, and many other things.

The reason I dislike table tennis is I have a hard time concentrating and playing outside means you have to factor in the wind which causes the ball to blow off course.



A Blog I wrote about Table Tennis (continued)



'I was wrong, and I'm still awesome at the game. Teachers couldn't win a game of Table Tennis if they tried'.

'A new challenger then let us begin'.





Gym Training

By Lydon Williamson in Leicester



In May 2018 I did my 16km gym triathlon. First I did 3000m on the rowing machine.

Then I did 8000m on the exercising bike. Then I did 2580m on the cross trainer. Last I did 2420m on the treadmill.



I did 5 weeks training with MacIntyre staff. I still go to the gym and I am now doing 60 mile challenge. All MacIntyre students should go to the gym so I say.

My friends that helped me work is Cuddles, Tails, Darwin and Blossom. I did 5 weeks training with MacIntyre staff.

These below are my friends, the cartoon characters.





Hobbies and Interests



The time a Knight came to see us by Mark, Richard and Robert

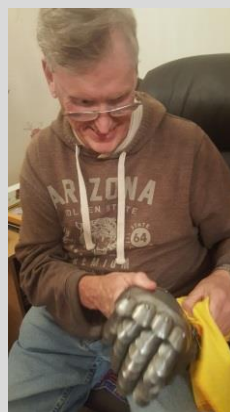
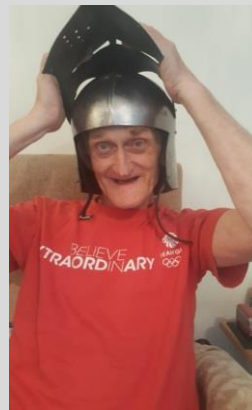


Liz our senior staff member arranged for her daughter to come to our house to show us the Knight's armour that she wears when she does war enactment.

Liz's daughter turned up dressed as a knight in shining armour which was fun and we got to try some of it on and it was very heavy. The swords she had were fake so they were light to handle.

We offered to help clean her equipment and Mark could see his face in one of the metal gloves after he polished it.

We all had a great time with lots of laughing especially when Liz wore the helmet.





My Shed by Richard Marshall



RICHARD'S SHED

I used to have an old tin shed where I used to sit with my coffee. I had the tin shed for a long time but it had become rusty and leaky and I could no longer sit in there and have my peace and quiet. Andrea Hartley my link worker asked me if I would like a new shed and I was very excited. 😊

I went out to choose my new shed with Steve Kay. My staff looked at different types of sheds but I knew which one I wanted and by the end of the day I had a special shed. I knew I wanted to paint it a sage green colour. I ordered the shed and paint, all I had to do now was wait for it to be delivered.



My shed was delivered and built and I was so excited to sit inside it. Andrea and I went out to buy some furniture to make the shed comfortable when I go inside to relax.

I found lovely matching chairs and table set to put inside when I read a newspaper and drink coffee.



My Shed (continued)



Inside I've put plastic grass on the floor to go with my furniture and placed pictures on the wall. I love my shed. It is still work in progress as I would like to add some finishing touches to it.



Andrea put some lights around the outside of the shed and it looks great on a dark night. Now I've got my little bit of heaven back - my shed!





Our Mad Hatter's Tea Party by Café Warrington



We at our Café had a (The Mad Hatter's) Tea Party in aid of MacIntyre.

We all had a good time and the sun was out so it meant it was going to be a fab day and do you know what, it was just that.

There was a load of scrumptious food to eat and fab games to play. All who came had a whale of a time and said the food was a knock out.

Nat, one of the people supported by MacIntyre to work at The Café said "I really enjoyed coming to work today and being part of a fun day". "I love working at the Café".

As you can see from the photos a fun afternoon was had by all and some fantastic hats were created.
'more tea anyone?'. ☺





Our MacIntyre Tea Party by Cypress Gardens in



Yes we did, we had our tea party Saturday 23rd June. We had lovely weather for it to.

We had 40s,50s and 60s music on and toss the tea bag, guess how many tea bags and making cup hats and of course lots of cakes.

All 5 of us supported by Cypress Gardens made either cupcakes, bigger cakes or cookies for the day so did some of our staff

Patricia says 'I was very proud that I came second in guess the tea bag and I won a mini cream tea for two, she signed to Jessica her staff "Her prize was yummy" "I had fun"
Peter Says "Made cookies, made a hat".
Claire says "It was alright, it made a change".





Cooking Spaghetti Bolognese my Style by Trevor Dolan



What is needed to make Spaghetti Bolognese



200g of spaghetti



500g of mince meat for meat eaters



1 onion, diced



2 garlic cloves,
chopped/crushed



1 tbsp of tomato purée



400g tin of chopped
tomatoes



Cooking Spaghetti Bolognese my Style (continued)



What is needed to make Spaghetti Bolognese (continued)



1 handful of grated Cheese



Some Vegetable oil



Salt and pepper to taste



Quorn mince for Vegetarians

What to do

1. Heat a saucepan over a medium heat with a tablespoon of oil and add the onion and garlic. Cook without colouring for a few minutes, and then add the beef mince and season with salt and pepper



Cooking Spaghetti Bolognese my Style (continued)



What to do (continued)

2. Cook the beef until browned all over then stir in the tomato purée followed by the tinned tomatoes. Bring to a boil then let simmer for around 30 minutes – add a splash of water if it is looking a bit dry.
3. Meanwhile, bring a large pan of seasoned water to the boil and add the pasta. Stir to stop the pasta from sticking and cook for 7–10 minutes.
4. To check the pasta is cooked, taste a strand – if the centre is still hard give it a couple more minutes. When it is fully cooked, drain in a colander and drizzle with a little oil to prevent the pasta sticking.
5. Divide the spaghetti between 4 plates and spoon the Bolognese on top of the pasta and finish with grated cheese and eat.



- Please note: If you are a Vegetarian you can use quorn mince instead of meat mince.



Crafty Creations by Claire Miles



I learned to knit when I was younger and completed some projects helped by my Mum. In December 2017, my support workers Hazel and Mary got me knitting again. I started off by knitting a stripy scarf, it is very long and was lovely and warm in the snow and ice.



I carried on knitting and knit a lot of different coloured squares. When I had enough my other support worker Sandra showed me how to sew the squares together to make a blanket. There were 20 squares altogether.

I was quite surprised how big the blanket was when it was all sewed together and very pleased that it was large enough to fit on my Bed. I am now trying to learn to crochet and I'll keep you posted when I make some more.





The Mag 16th Birthday Banners



We at 'The Mag' recently celebrated 16 years and we had a birthday party. We had lots of games and lots of food and everyone who came enjoyed themselves.

Below are the two banners which were made for our party. A big thank you goes to all who made them for us.

Banner made by Warrington Lifelong Learning



Banner made by Milton Keynes Lifelong Learning





Embroidery By Julie Collins



I like doing embroidery work. I have been doing embroidery at Swanwick Memorial Hall. It has taken me about six weeks to do it all by myself.

I have made embroidery for my brother's daughter and they are going to hang it up on her bedroom wall.

Embroidery is like sowing you have to have nimble and steady fingers to do embroidery.

My Embroidery Work





Competition



Competition entries



Well done to all who entered our selfie competition we had in the spring. See if you can spot yourself among the photos.

Well done to our winner which was Sherifah from Wingrave School, her photo is on the front cover.





Competition



Competition entries





Time competition



In autumn we have to reset our clocks



2:00

at 2.00am.



3:00

A) Does it go Forward 1 hour to 3am in the morning.

or



1:00

B) Back 1 hour to 1.00am in the morning.

☐☐

Please tick ☒ A or B and send your entries with your name and contact details to The Mag address at the back of This Mag.



Competition



Co-Production Competition



What is Co- production I hear you ask?

Co- production means

- Everyone can help make all services and their local area better
- Everyone should be listened to
- Nobody should be left out
- Everyone should get a better life
- Everyone working together



We need an image that tells people about this work. We want your pictures that will tell people about this.



There will be a prize for the best picture which will be turned into an image that we will use on MacIntyre's website.



Please send your entries to Catherine Farrell by the 30th October.



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MacIntyre

Providing support...your way



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