

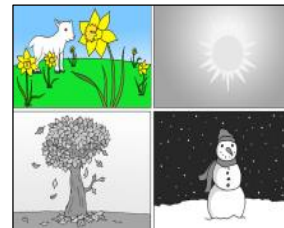


MacIntyre  
Providing support...your way

# The Mag



Spring  
2021



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



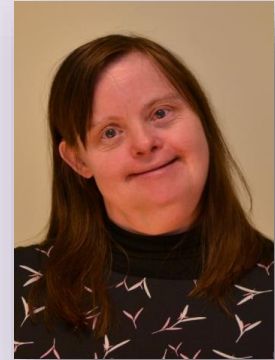
## The Mag Group



**Sui-Ling  
Tang**



**Donald  
Delmohamed**



**Mary  
Hughes**



**Sharon  
Pratt**



**Joe  
Stewart**



Welcome to the Spring 2021 issue of The Mag.

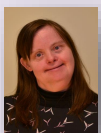
Our Winter competition is on page **58**.

Please enter the Spring competition as there is a prize for the winner. Please email entries to Donald

Please read about the Sui-Ling show on page **9**.

**We are looking for new Mag reporters - see page 4**

For fun see how many daffodils 🌷 you can find in The Mag



By Mary The Spring Editor



## What's inside



**Pages 4 to 16**

**What's Happening Around MacIntyre**



**Pages 17 to 20**

**Celebrations**



**Pages 21**

**Hobbies and Interests**



**Pages 22-23**

**Home and Gardens**



**Pages 24**

**Remember me**



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**Food and Drink**



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**Covid 19 Information**



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**Art and Craft**



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**Fun and Games**



**Pages 57 to 59**

**Competition**

# Do you want to be a MacIntyre Mag Reporter



Do you want to be part of the team that helps to make The Mag

Do you want to be a reporter



2021



2023



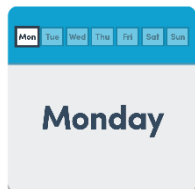
This is a volunteer job for 2 years

This is **not** a paid job



You will help to collect

- stories
- artwork
- recipes



We meet about 4 times a year

- on zoom
- on a Monday
- at 1pm until 3pm



To be a reporter you must be able to

- work on zoom
- find stories and recipes and art work from the people where you live



If you would like more information and an application form please email or phone

[anita.taylor@macintyrecharity.org](mailto:anita.taylor@macintyrecharity.org)

07919327235





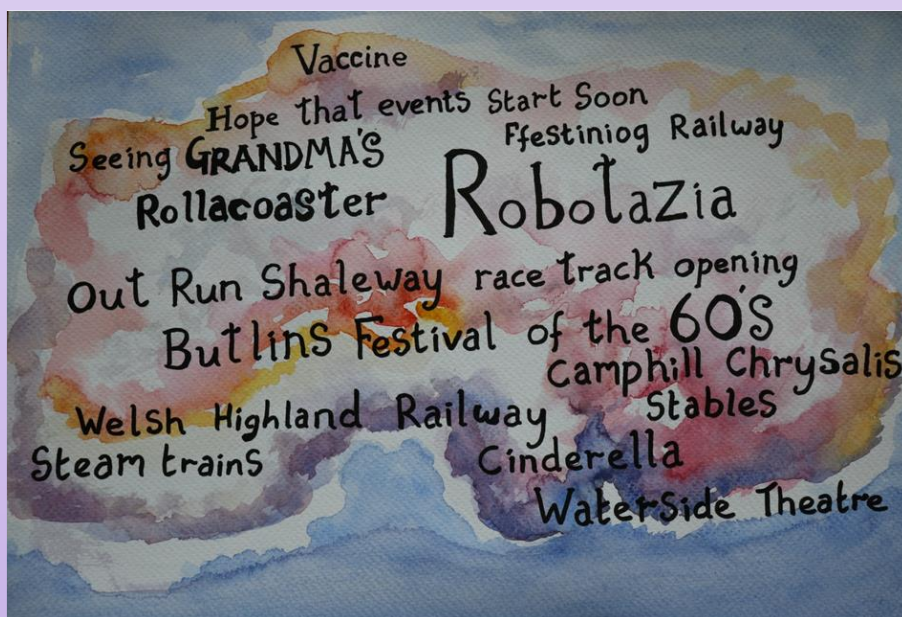


## Future clouds by Dale in Milton Keynes



I am very thankful and I have high hopes for the future.

I have designed theses future clouds





## Zoom Chair Exercise Sessions from Derbyshire



Following the success of the local Zoom Chair exercise sessions we were pleased to be invited to host some national Zoom sessions for everyone across MacIntyre.

Karen is our local chair based exercise expert so it made sense for us to offer these sessions on Zoom.

The sessions have been really popular in Chesterfield and the numbers joining in from across the country are starting to grow.

Please do join us on a Tuesday morning

<https://zoom.us/j/94173316101?pwd=cXZJK3Q5WDBpai9ETjFnclg1Wkhadz09>

Meeting ID: 941 7331 6101

Passcode: cbexercise







## **Our Wellbeing Group by The Wellbeing Group in Milton Keynes**



We started a wellbeing group last year and every Sunday at 11am we would either go out on a walk to feed the ducks or go on a bike ride.

The group just wanted to share with you some of the amazing things the group have been doing through lockdown to keep themselves healthy and well.

We are planning a sponsored 10 mile bike ride this coming July. Julie one of our staff that supports the group will keep The Mag posted about this.

It is to help raise money for Milton Keynes hospital for all the hard work the staff at the hospital have done and continue doing through this coronavirus pandemic. Below are some photos of us.





# What's Happening Around MacIntyre



The Lets Talk meeting is every two weeks on Zoom



Its with lots of people from MacIntyre. You can meet people from other parts of the country.

We talk about different things. We have talked about

- Covid
- relationships
- MacIntyre Promises
- technology



This meetings are on

- the second Tuesday of the month at 7.00pm
- the last Wednesday of the month at 11am

<https://us04web.zoom.us/j/71361305722?pwd=ZWR1YXVIbldQakFTdy9ZZW9iVjVYdz09>

Meeting ID: 713 6130 5722

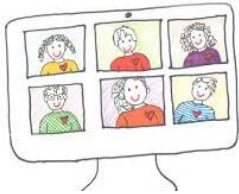
Passcode: Talk



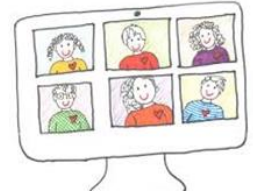




# What's Happening Around MacIntyre



## It's The Sui-Ling Show By Sui-Ling in Milton Keynes

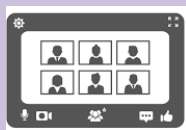


With my co-host my budgie Rio by my side, I will be chatting to people from across MacIntyre about their hobbies, dreams, worries, plans and life in general.

Tune in on the first Friday of the month at 7pm to watch a new episode of 'It's The Sui-Ling Show' on Zoom or come back later to watch on demand.



Rio



### The Sui-Ling Show



The Sui Ling Show:  
<https://www.macintyrecharity.org/events/the-sui-ling-show/>

The link to watch my show on zoom is below.

<https://www.macintyrecharity.org/events/the-sui-ling-show>

To take part contact Catherine Farrell

[Catherine.farrell@macintyrecharity.org](mailto:Catherine.farrell@macintyrecharity.org)

07810631293





# What's Happening Around MacIntyre



## Co-Pro Group




The Co-Pro group are a lot of people from different backgrounds in MacIntyre and also Sam and Gary from Learning Disability England

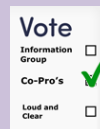


The group meet to plan how we can make sure that people work together in MacIntyre to help make decisions and make changes happen.



We have done quite a lot in our first few meetings. We have talked about

- working together
- deciding on the name of the group
- a logo 
- planning an awards ceremony for people who are supported by MacIntyre
- looking at the MacIntyre promises and making a film which we showed to the directors.



This year we will be talking to other people in MacIntyre to ask what they think MacIntyre should do to make sure people are able to work together.



The Checkers wrote what co-production is



- Co-production is everyone working together



- Everyone can help make all services and their local area better



- Everyone should be listened to



- Nobody should be left out

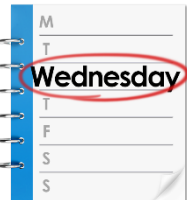


- Everyone should get a better life



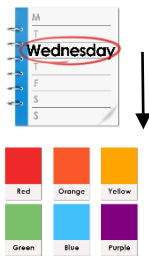


# MacIntyre Weekly Bingo



Bingo is

- every Wednesday
- at 7pm



Come and have fun at bingo

We have a different colour theme each week



B	I	N	G	O
1	15		31	42
4	17	26	32	
8	18	27		46
10		29	36	48



What you will need

- Zoom
- bingo cards
- a pen

B	I	N	G	O
1	15		31	42
4	17	26	32	
8	18	27		46
10		29	36	48



To get your bingo cards you

- need an email address
- need to use this link to get bingo cards before the game

<https://mfbc.us/v/71ec0d3c28e1b426be5923870f89>

B	I	N	G	O
1	15		31	42
4	17	26	32	
8	18	27		46
10		29	36	48



If you do **not** get an email with the bingo cards

- check your spam folder

- contact Elaine Campling

[elaine.campling@macintyrecharity.org](mailto:elaine.campling@macintyrecharity.org)

g







## How to join the Bingo on Zoom



B	I	N	G	O
1	15		31	42
4	17	26	32	
8	18	27		46
10		29	36	48

Use this link for Bingo

<https://zoom.us/j/93848071837?pwd=STZpOUISeEQ5YIV5RUlvc05BWXZzZz09>

Meeting ID: 938 4807 1837

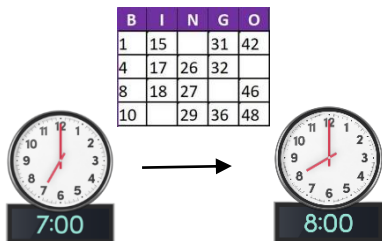
Passcode: bingo

B	I	N	G	O
1	15		31	42
4	17	26	32	
8	18	27		46
10		29	36	48



You will need

- a pen
- bingo cards



Bingo is at

7pm until 8pm



Join at 6.50pm to say hello to everyone on bingo



If you need help contact:

Elaine Campling

[elaine.campling@macintyrecharity.org](mailto:elaine.campling@macintyrecharity.org)





## **My Happy List By Christine from The i4t group in Chesterfield**



### **MacIntyre's I4T Group**

We felt at i4t that a happy list is something that we might all need right now during this pandemic and current lockdown. So we set the i4t group the task of coming up with one.

The i4t group used to meet at the Quaker Meeting House in Chesterfield every week, but currently meet on Zoom.

We asked everyone in the group to make their own Happy List. We had some amazing results and everyone shared their own list on Zoom over the next sessions.

When we are feeling a little low, we check out our Happy Lists and see if we might do something which is on our list to cheer ourselves up.

Here is my Happy List with me on my birthday. I put on my party frock to feel happy and the extra wide smile is my reason to be happy.





## **My Happy List** **By Carole from The i4t group** **in Chesterfield**



### **MacIntyre's I4T Group**

With everything that's going on at the moment, MacIntyre I4t talked about how life makes us feel at the moment.

We said sometimes we are sad, sometimes we are angry and sometimes we are very confused. We need to look for things that make us smile.

So we have started to make our Happy Lists, things to think about which will make us smile when we need to the most.

Here's a picture of my happy list that I've started. It's a piece of work that is on going and it is something that can change at any time.

Why don't you have a go at making your own happy list?





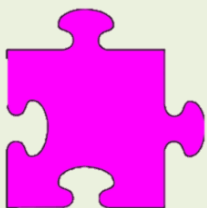
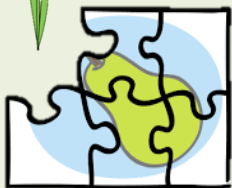
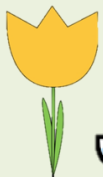
## Putting together my Jigsaw by Sharon in Milton Keynes



I have been doing lots of jigsaw puzzles while in lockdown and this is my latest puzzle.

I like doing this puzzle as it's relaxing when you have to stay indoors all the time and can't go out.

This jigsaw has got a pet kitten on it. I did the jigsaw by myself, my staff sat with me to watch.



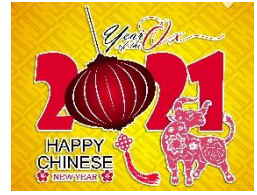




## Celebrations



### Happy Chinese New Year by Jenny in Leicestershire



2021 the year of the Ox, Happy Chinese New Year

In MacIntyre Derbyshire and Leicestershire we celebrated the Chinese New Year on Friday 12th February.

This is me with some Chinese pictures I made. I hope everyone at MacIntyre had a happy New Year.





## Celebrations



### My Birthday by Sarah in Milton Keynes



It was my birthday 🎂 a few weeks back, because we are still in lockdown I couldn't have a party or my friends or relations round to celebrate my birthday.

I still had a good surprise, my staff where I live arranged a big birthday cake for me. It had 'Happy Birthday Sarah' written on top of the cake with a butterfly on top.



It was the best chocolate cake I've eaten in ages and as if there wasn't enough chocolate inside the cake they put chocolate frosting and nuts over the cake. I was in chocolate heaven. 😊  
I got a lovely bunch of flowers for my birthday. I like flowers 🌸.



Thanks to all the staff for making my birthday a nice one.







## Celebrations



### Our Valentine's lunch by Jenyth in Milton Keynes



I had a lovely Valentine lunch at Moot Hall with my boyfriend Paul.



We had lots of our favourite food to eat and our staff arranged it all for us. I did blush a little. We were both spoiled.

We got each other presents. It was very nice that we could enjoy the special day in lockdown.

Thank you to our staff for doing this for the two of us.





## Celebrations



### Chinese New Year by Sui Ling in Milton Keynes



This month in February I celebrated Chinese New Year early, it was on Friday 12th February. I cooked a takeaway meal myself in my flat.



I had a vegetable dish and cooked it in my wok. I made prawn toast and vegetable spring rolls with my stir-fry and I ate it from a take away plastic container.



It tasted very nice. I enjoyed cooking my vegetarian Chinese take away.







## Hobbies and Interests



### **My favourites singers Michael Ball and Alfie Boe**



**By Joanne in Woburn Sands**

I wanted to share with everyone in MacIntyre my favourite DVD's and CD's. My favourite singers are Michael Ball and Alfie Boe.



I love to listen to them because, every time I hear their voices, it sounds like angels.



My staff and Mum helped me to buy my CD's and my newest addition to my DVD collection, Les Misérables Staged Concert 2019 which starred Michael Ball, Alfie Boe, Matt Lucas and Carrie Hope Fletcher. I was very excited when my Mum dropped it off to me.

That night, me and my staff member had a takeaway, and then sat down to watch the show! I know every song and love singing along. I had so much fun, and loved it when my staff member tried singing along too.



Every morning, I enjoy listening to music while I eat my breakfast. Most of the time I will listen to a Michael Ball and Alfie Boe CD. I don't have a favourite from these two, as I love them all.



### **Our compost Heap by Guy in Milton Keynes**



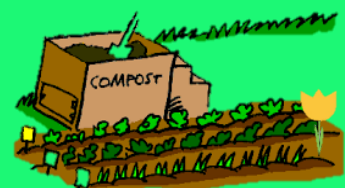
Our compost heap had become messy. I had an idea to tidy it up and to make signs so that we could all keep it tidy.

The heap was very big with lots of sticks and wood mixed in. There was a big fallen down tree, which was half buried.

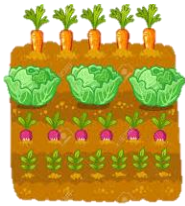
We put wood in one pile and old rotting compost in another pile and then made a clear area for all new grass and weeds.

To make the signs I used wood, sandpaper, and a drill.

I painted them green and when it was dry, I painted the words on it. There was a robin that watched us work too. I have enjoyed preparing the compost area.







## Our vegetable patch by Rowena, Libby and Drew in Milton Keynes



We have been clearing our vegetable patch ready for the spring and to plant the new vegetable plants for this year.

We have swept up the old apples and wet leaves that have fallen from the trees, we have removed the old plants and dug over the soil.



So far we have potted some sunflowers and runner beans. We are planning to plant some tomatoes, spring onions and beetroot.





## Remember me



### Angela from Bedfordshire



Michael says  
I would like to share with The Mag readers two portraits I did of Angela my house mate.

She sadly passed away on 21 February 2021.

'I am very proud of them and I enjoyed doing them and it helped me think about my friend Angela'.

I am so sad she has passed away.

The staff who supported Angela at her house said 'She will be missed by everyone who knew her and she was a lovely person. We are so sad that she has passed away'





## Food and Drink



### Vegetarian Mushroom Fajitas

You will need



- a sharp knife



- a chopping board



- a frying pan

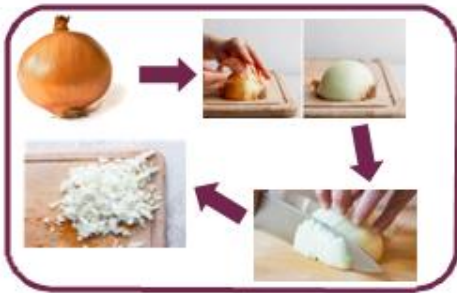


- a wooden spoon

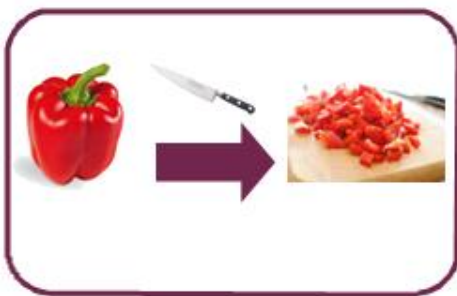




- grated cheese



- 1 peeled and chopped onion



- 1 chopped bell pepper



- a fajita kit



- 2 tablespoon of olive oil



- sour cream



- 2 big chopped mushrooms



Put the frying pan on a medium heat

Put oil into the frying pan



After 2 minutes add in the peppers and onions and mushrooms

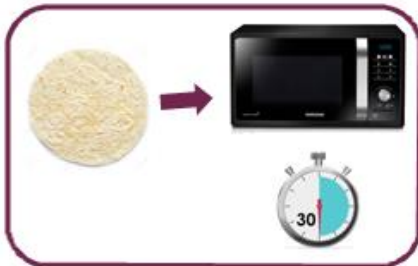


Let those fry in the pan for about 10 minutes

Make sure you stir often with your wooden spoon



Add the fajita mix powder that will be in your fajita kit  
Fry for another 2 minutes



Put the tortilla wraps on a plate and put them in the microwave for 30 seconds



Then some sour cream on your wrap



Then put the vegetable mix on your wrap



Then if your fajita kit has salsa put that on your wrap



Then sprinkle with cheese  
Then wrap it up



You can use Chicken instead of Mushroom for the Fajita filling





## Food and Drink



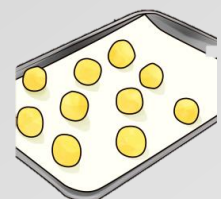
### Me baking for our Stony Stratford Coffee Shop By Jonny in Milton Keynes



I made some batches of chocolate chip cookies for sale in our MacIntyre Coffee Shop to sell to our customers to take away.



I then baked some tray cakes for the customers to take away at Stony Stratford Coffee Shop.





## Food and Drink



### Chocolate Brownies by Aaron in St Albans



To make Chocolate brownies you will need



- a square tin that is 20cm long and wide



- a spatula



- an electric whisk



- a bowl that can go in the microwave





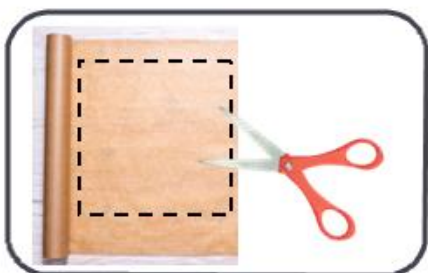
- a large mixing bowl



- another large mixing bowl



- a sieve



- non stick baking paper that is cut into the shape of the bottom of your square tin



- 185g unsalted butter that has been cut into cubes





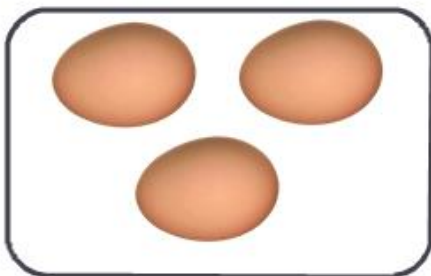
- 185g of dark chocolate that has been broken into pieces



- 85g of plain flour



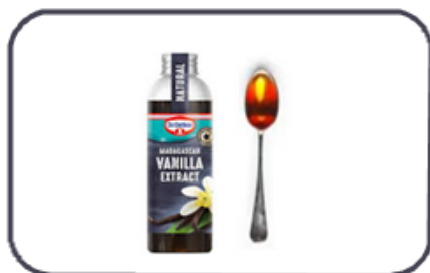
- 40g of chocolate powder



- 3 large eggs



- 275g of golden caster sugar



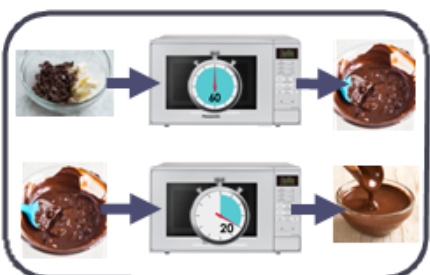
- 1 teaspoon of vanilla extract



- Icing sugar



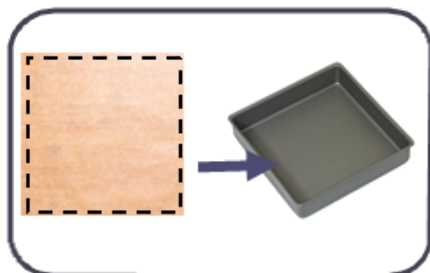
Put the butter and the chocolate into the bowl that can go onto the microwave



Put the bowl in the microwave and heat for a minute then take out and stir  
If still not melted put in for another 20 seconds at a time until it is all melted



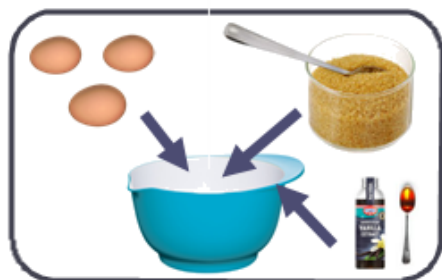
Put the oven on at 160 degrees  
Gas mark 3



Put the square piece of baking paper into the square tin



Sieve the flour and the chocolate powder into your bowl



Put the eggs and the sugar and vanilla extract into a the other bowl



Whisk them on a high speed with the electric whisk until they are thick and creamy - this will take between 3 minutes and 8 minutes



Pour the chocolate mixture into the bowl and use your rubber spatula to fold it very very gently

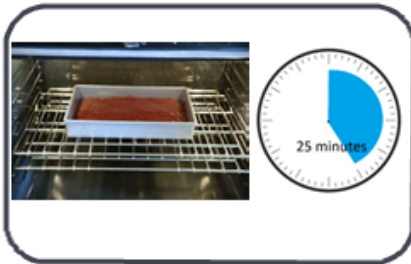


Add in the chocolate powder and flour mixture and keep gently folding with your spatula until it look fudgy

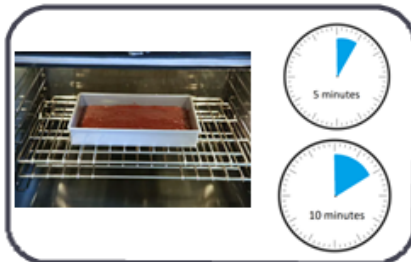


Put the mixture in the tin and spread it around until the bottom is covered





Put it in the oven for 25 minutes



When you take it out if it is still very wobbly in the middle it might need another 5 to 10 minutes



Once it is out the oven leave it to cool in the tin



Once its cool take it out of the tin and dust it with icing sugar then cut it into squares

And enjoy!



# Corona virus Information



## CORONA VIRUS

### PREVENTION



Avoid crowded places



Avoid contact with sick people



Wear mask just one time



Do not share eating utensil and food



Wash hands with water and soap



# Corona virus Information



MacIntyre  
Providing support...your way

## STAY SAFE



### HANDS



### FACE



### SPACE





## Art and Craft



### Busy making craftwork items by Steve in Milton Keynes



I have been very busy over the last few months making lots of things with Lifelong Learning Staff.

I came up with ideas of things I wanted to make and got involved with all the making.

I really enjoyed doing these projects and love to make things. I was really pleased with them all.



**Deer Embroidery**



**A Bag**



**A Victorian House**



**A Hat**



**mayor's chain**



## Art and Craft



### **I made a wooden clock for mum by Chris in Milton Keynes**



I made my mum a wooden clock for Christmas.

I enjoyed making this wooden clock for my lovely mum.

I didn't find it too difficult to connect the pieces together. I like making things with my hands and using woodwork tools.





## Art and Craft



### Chesterfield Gets Crafty by all at our Chesterfield Centre



We in Chesterfield have been getting very crafty over the last couple of months.

After lots of thinking we came up with a lot of things that we chose to make.

It has been the right choice to make things, as the usual Chesterfield winter weather of rain, wind and snow kept us all in.

This is what we said about our craftwork.

**Tina:** I used papier mache to make the biggest cupcake ever. I decorated it with hundreds and thousands with cherry on top.



**Andrew:** I love making the things I see in activity packs that I get from my centre.

I have not been able to go to the centre during lockdown so Gary (my staff) is supporting me to do my craft work and activities at home.





## Art and Craft

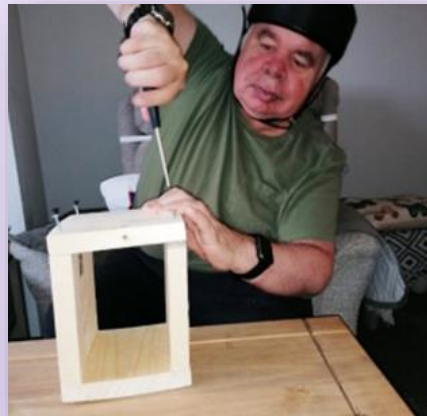


### Chesterfield Gets Crafty by all at our Chesterfield Centre (Continued)



This is me making a bug hotel for the garden. It was designed by my friends at the centre I go to.

I liked learning to use a screwdriver. I am so pleased with what I did.



**Nathan:** I made a beautiful plant pot for my Valentine. I am still not saying to anyone who it was for.

A very kind friend of Carol's and somebody who supports our centre kindly donated lots of fabulous old plant pots.

I used one of the pots and designed a lovely heart to put on the front. I then put a pot plant inside as a Valentine gift.





# Art and Craft



## Artwork



### Chesterfield Artwork



Bug Hotel  
by Alan



Flower Pot  
by Alan



WW2 Diorama  
by Alan



Anfield Stadium  
Model by Carl



Bug Hotel  
by Carl



Flower Pot  
by Carl



Flower Pot  
by Clare



Wall Calendar  
By Helen



Flower Pot  
by Nathan



Flower Pot  
By Shaun'



Bug Hotel  
by Tina



Giant Cupcake  
by Tina





# Fun and Games



## Fun in the snow by Basil and Simon in Milton Keynes



Here are some fun in the snow pictures. It is of us and we are Basil and Simon and along with our staff Val we had a snow ball fight it was so much fun.

We had such a good laugh and yes it was cold, very cold playing in the snow.







# Fun and Games



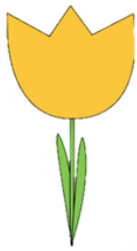
## Word Search



AZALEA, CROCUS, DAFFODIL, DAISY,  
DANDELION, DIANTHUS, HYACINTH, IRIS,  
LILAC, ROSE, VIOLET



# Fun and Games



## Word Search



### Hand Washing Word Search

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

WATER  
HANDS  
CLEAN

DIRT  
WASH  
FINGERS

GERMS  
SOAP  
DISEASE

HEALTH  
TOWEL  
BACTERIA

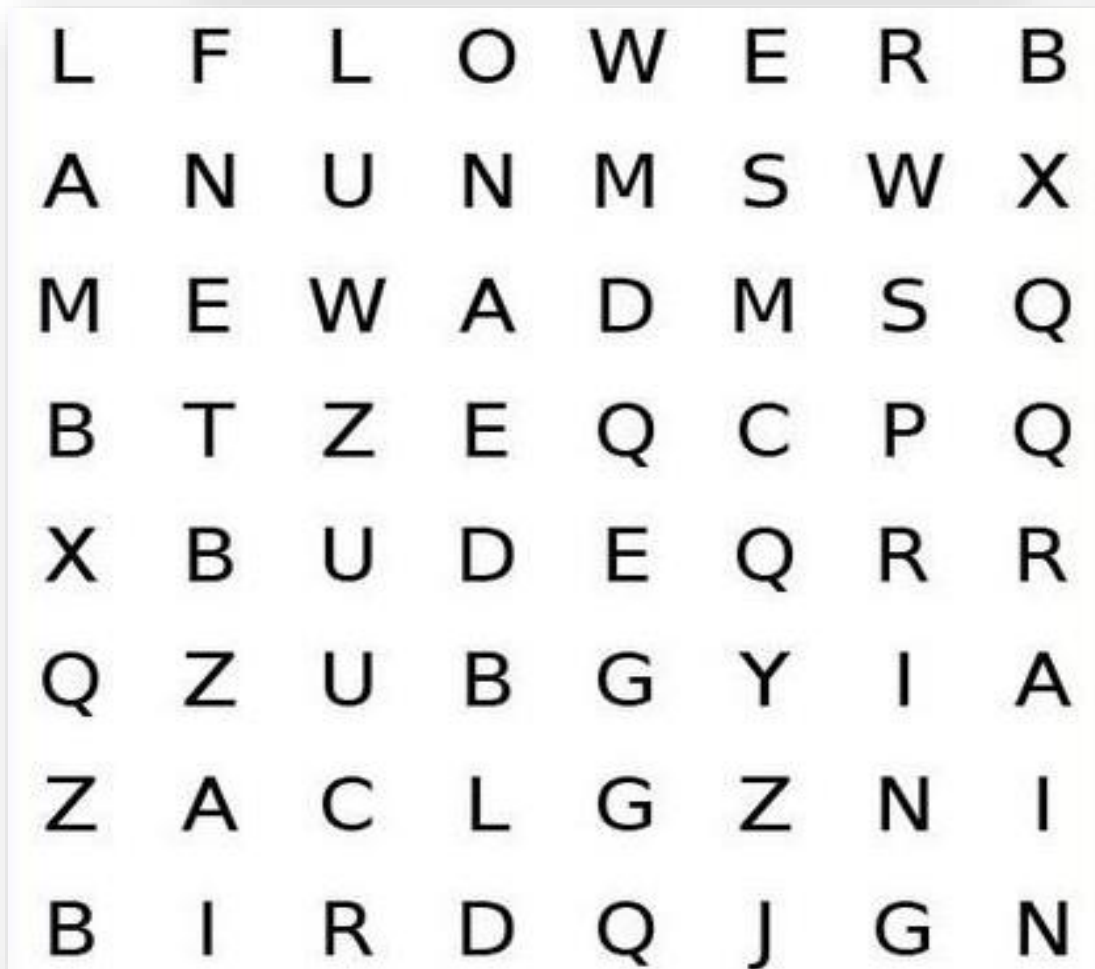


# Fun and Games



## Word Search

### Spring Word Search



BIRD  
BUD  
EGG  
FLOWER

LAMB  
NET  
RAIN  
SPRING







# Fun and Games

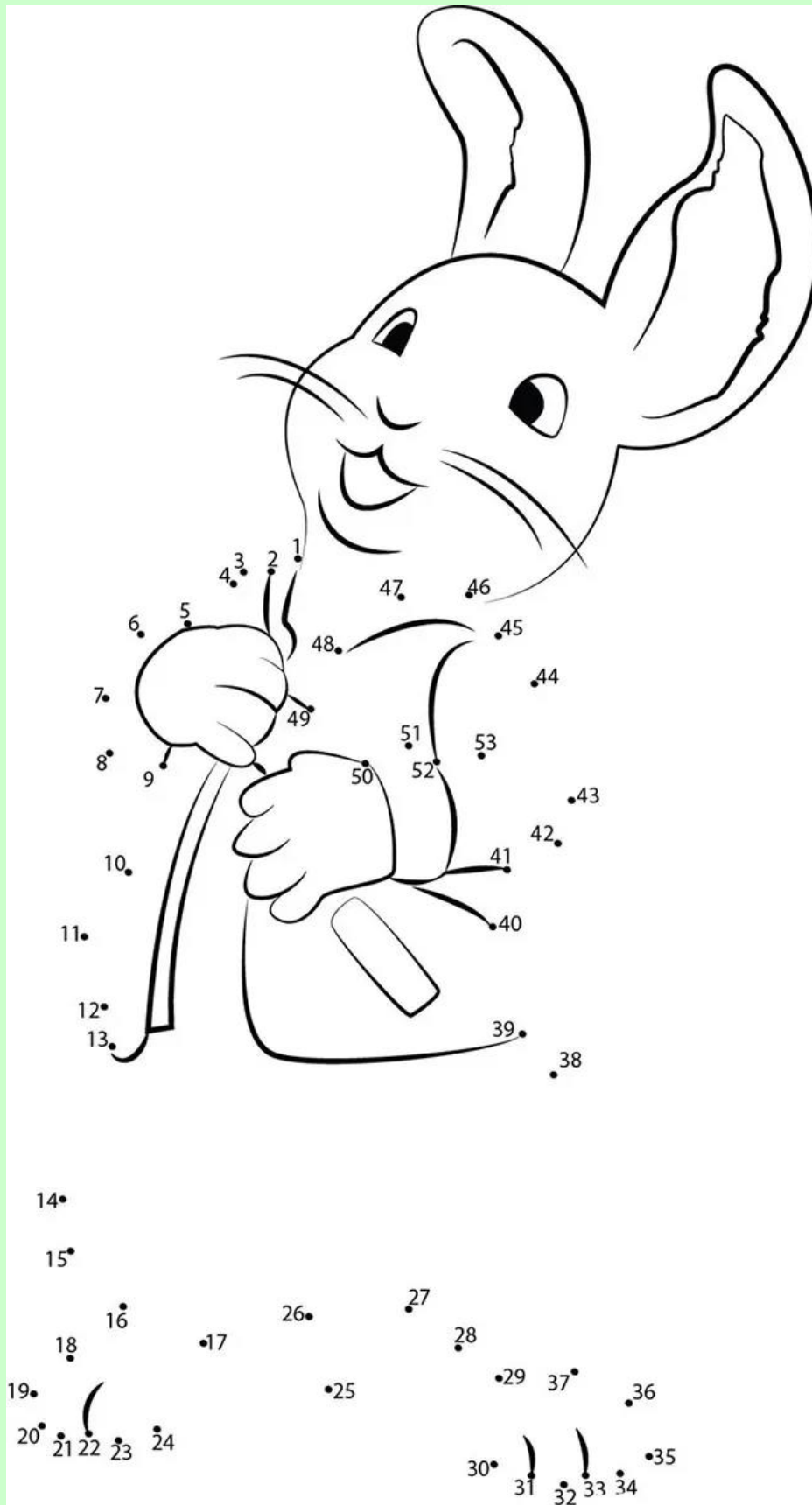


## Join the Dots





# Fun and Games





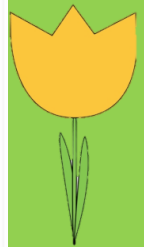
# Fun and Games



## Colouring



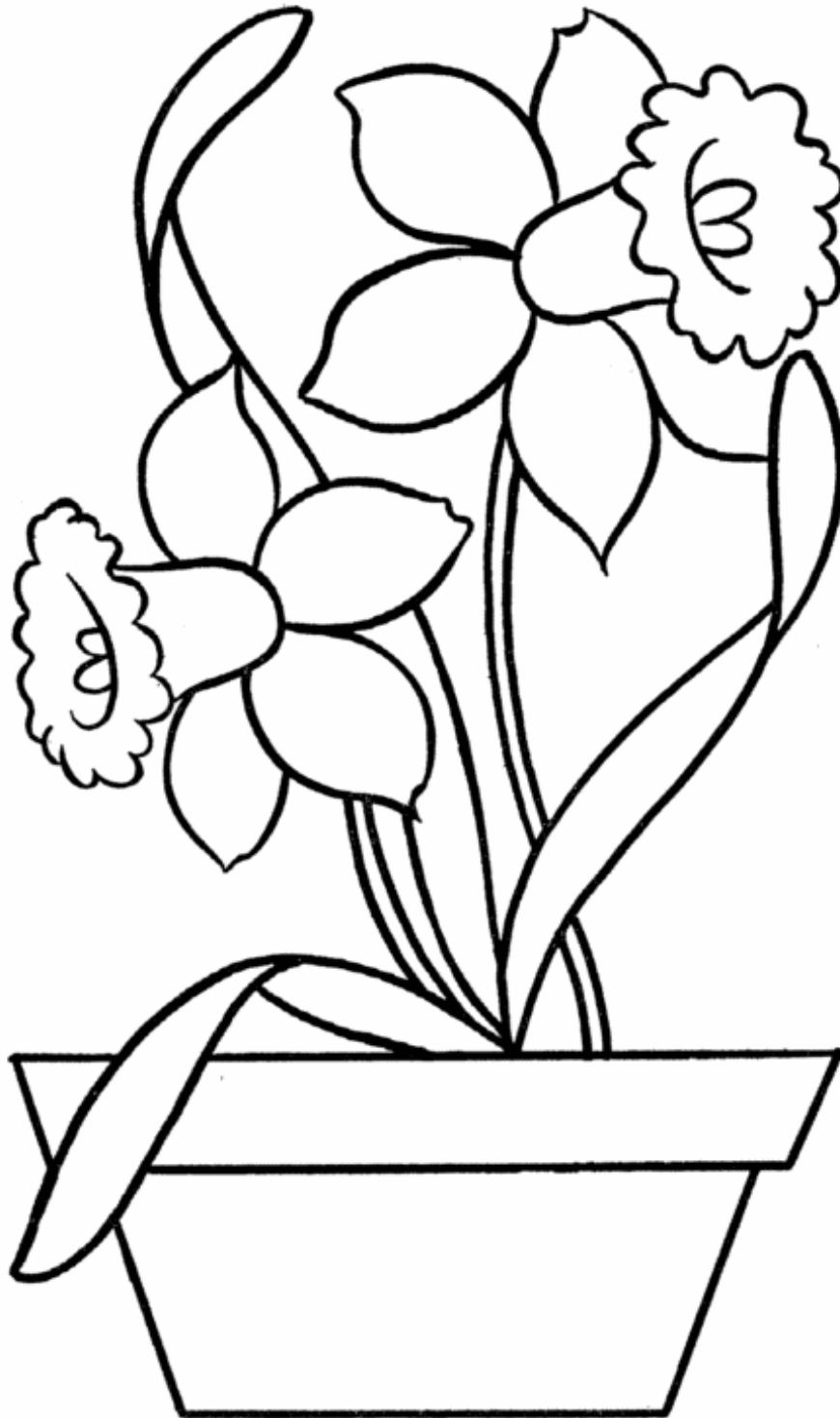
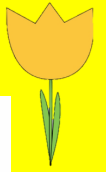
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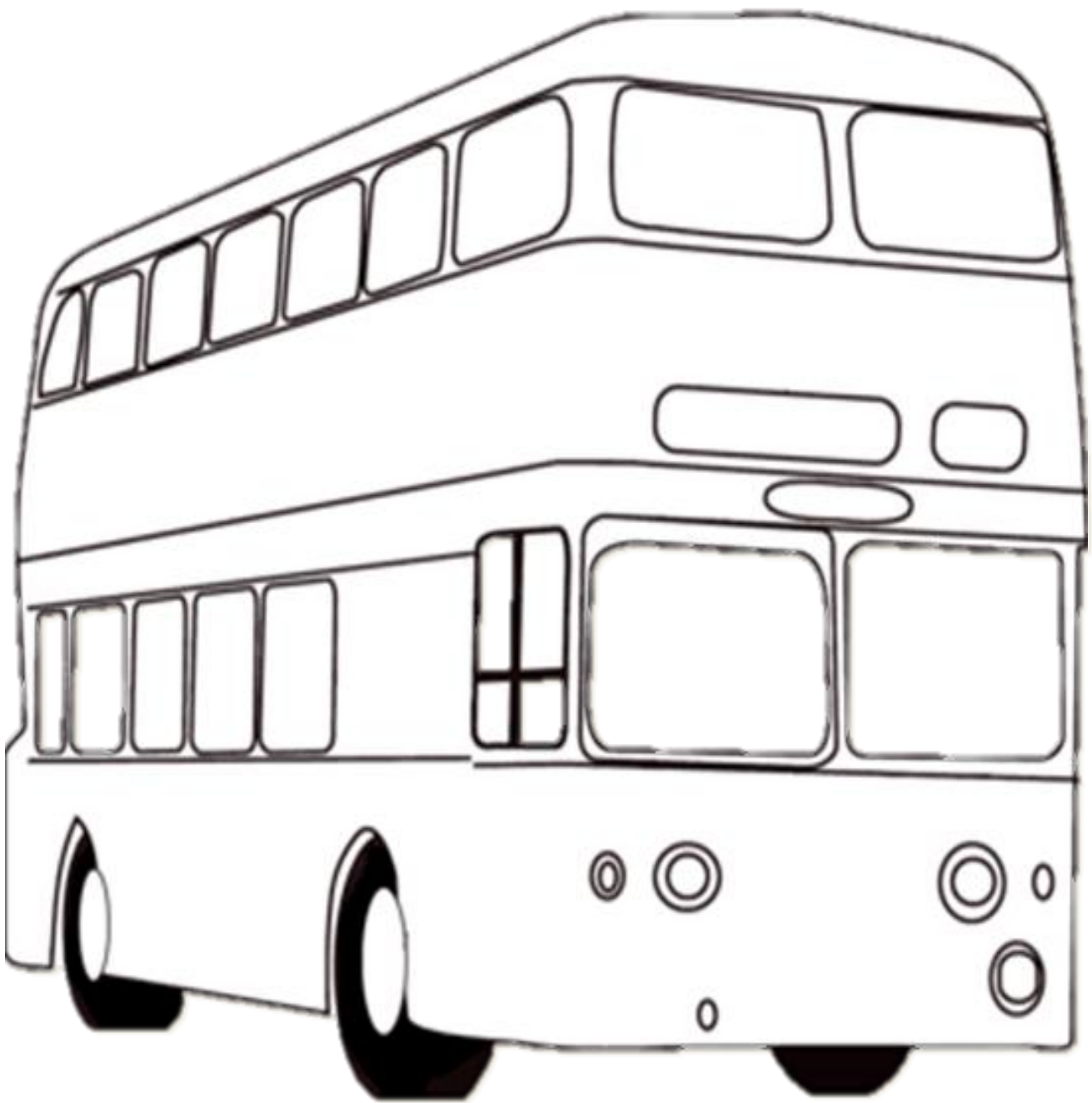


# Fun and Games





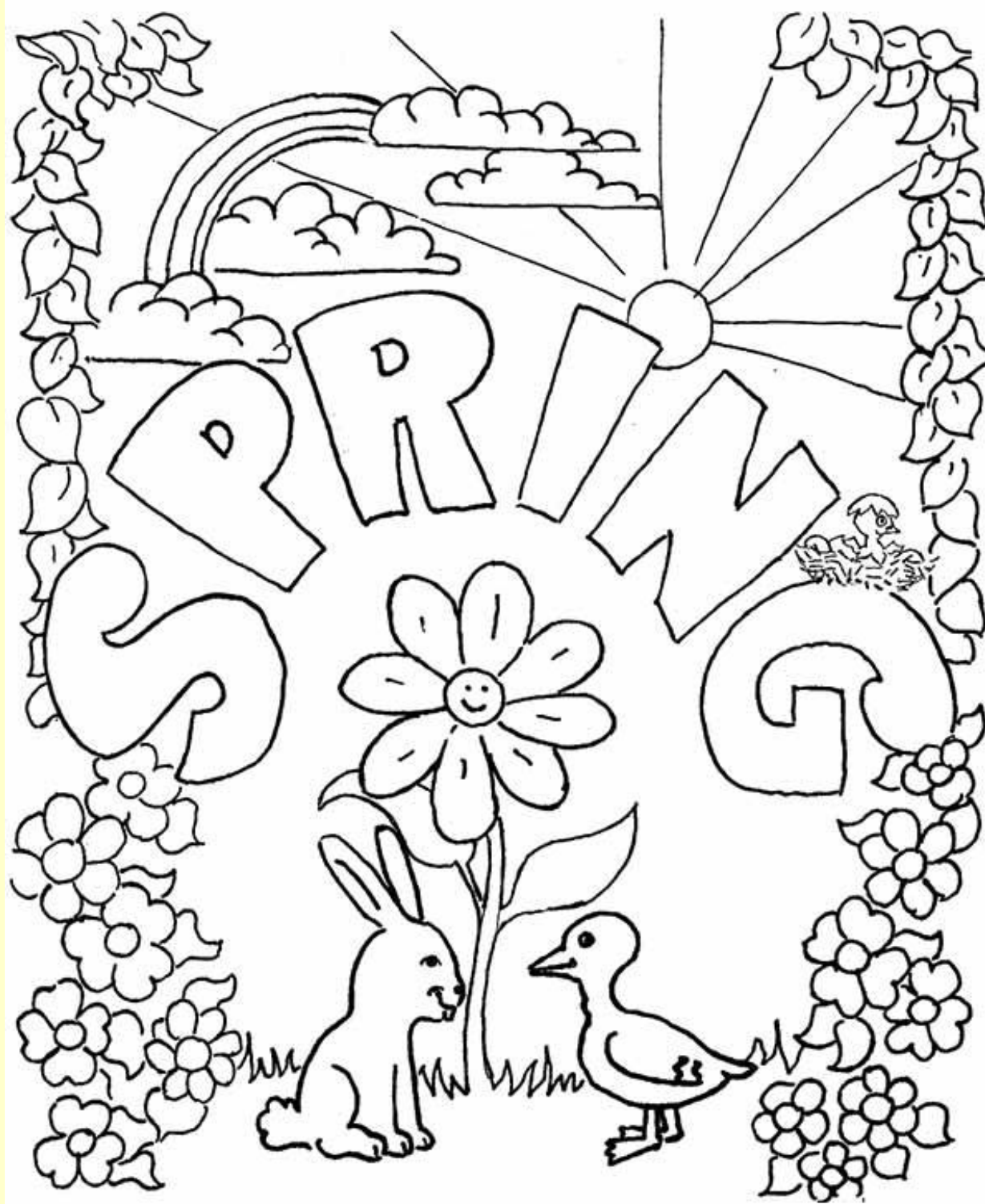
# Fun and Games







# Fun and Games

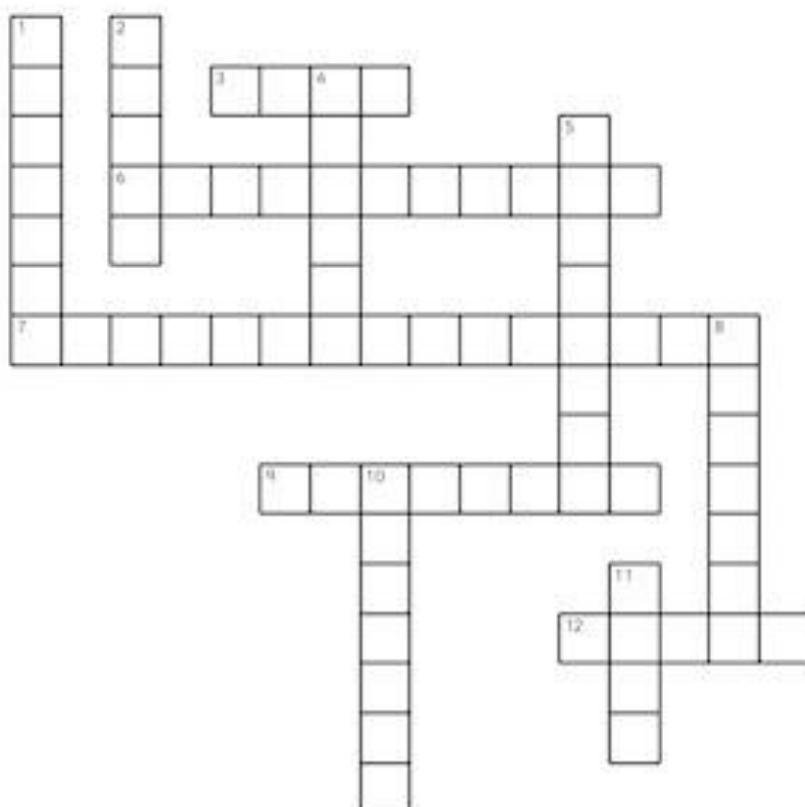




# Fun and Games



## Spring Picture Crossword



Across



Down

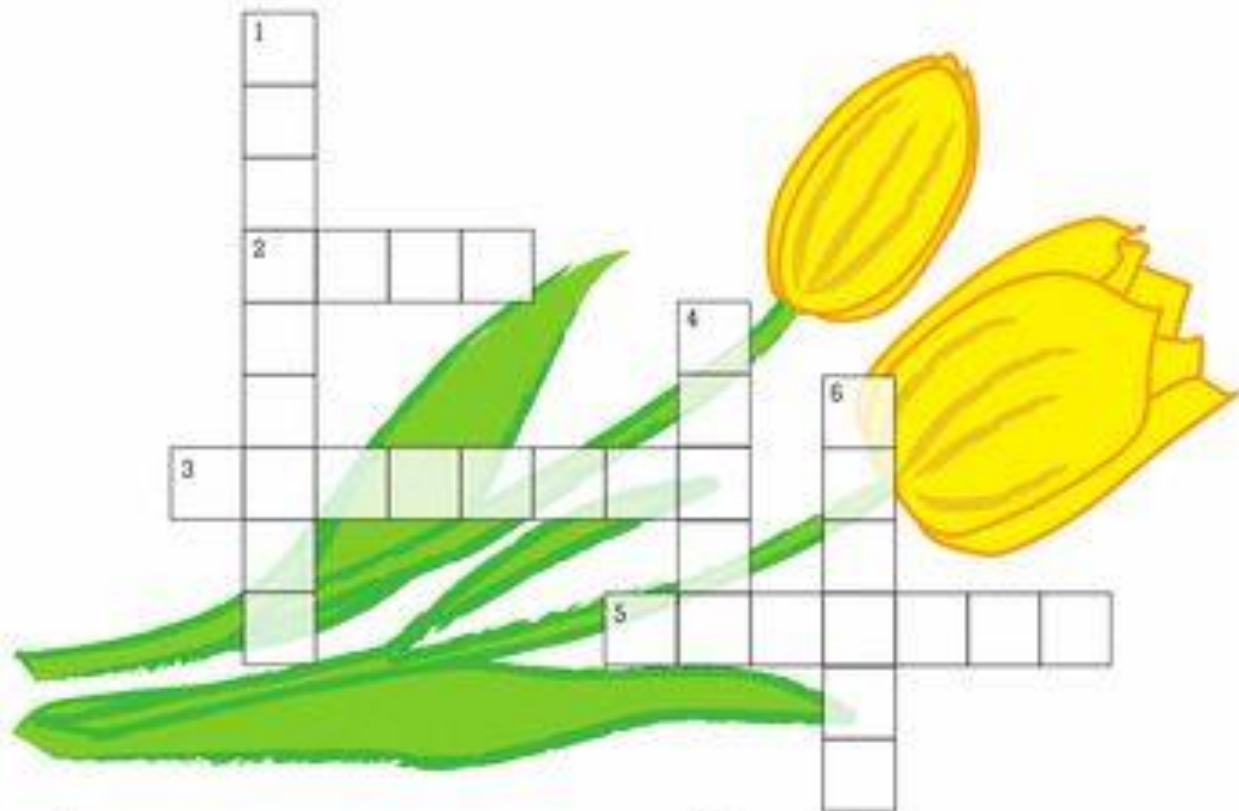




# Fun and Games



## spring crossword flowers



### Across

- 2. This flower is also the symbol of France.
- 3. A yellow, nodding flower with a cup shaped petal in the center.
- 5. Young, growing plants.

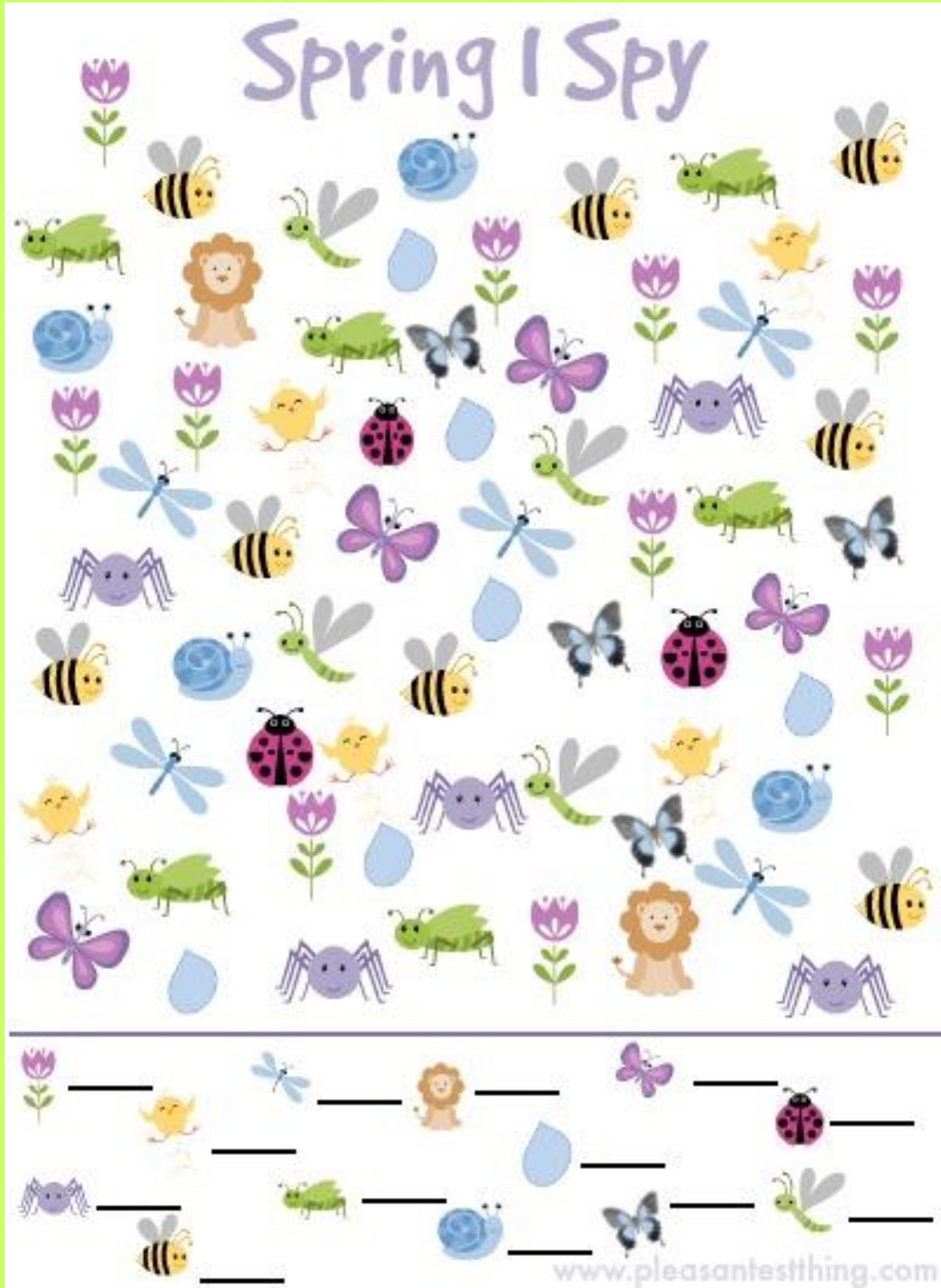
### Down

- 1. To transfer pollen from one flower to another.
- 4. A species of plant that grows from a bulb, with brightly colored petals.
- 6. Plants that are flowering.

### Word Bank

Tulip    Sprouts    Lily    Daffodil    Blooms    Pollinate







## Winter Mag Competition Jokes



Why did The Joker have to sleep with his lights on?  
Because he was afraid of the Dark Knight.



How do all the oceans say hello to  
each other? They wave!

How do you make a tissue dance?  
You put a little boogie in it.



What musical instrument is found in  
the bathroom? A tuba toothpaste.



Why couldn't the pony sing himself  
a lullaby? He was a little hoarse



What did the policeman say to his tummy?  
Freeze. You're under a vest.



What do you call a cow on a trampoline?  
A milk shake!





## Competition



### Winter Mag Competition Winner



**The winner of the Winter joke competition is**



Aimee Knight from Bedfordshire



When is a door not a door?  
When its a jar

How do you wake up Lady Gaga?  
Poker her face

How do you arrange a astronauts birthday?  
You Planet

Well didn't the skeleton go to the ball?  
Because he had no body to go with







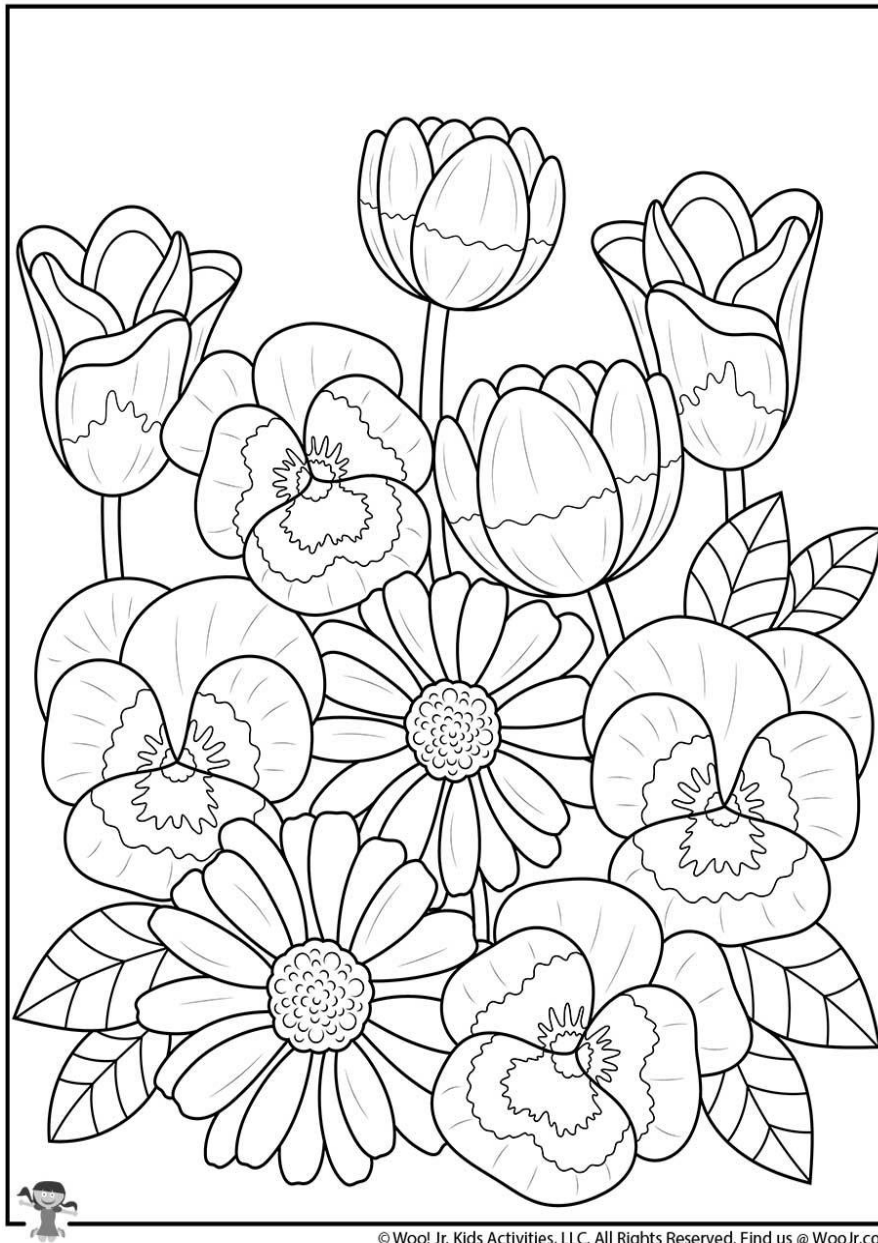
## Competition



## Spring Competition



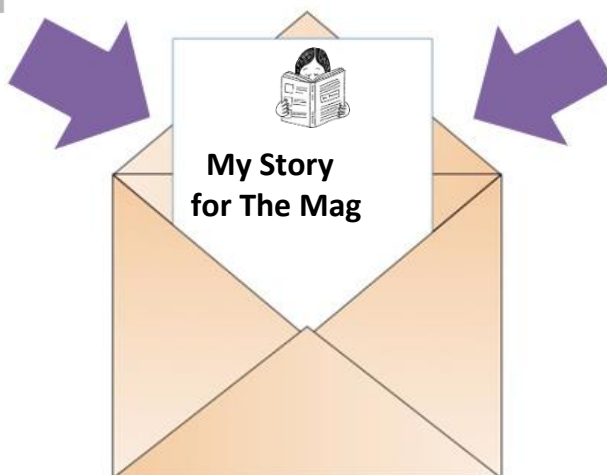
Colour this picture in the brightest spring colours you can!



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



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