



MacIntyre
Providing support...your way

The Mag Summer 2021

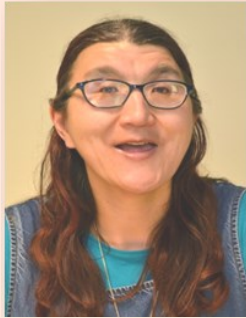


A magazine for and by people who use MacIntyre's services





The Mag Group



Sui-Ling



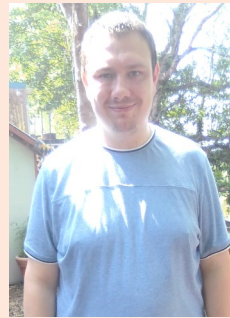
Donald



Mary



Sharon



James



Welcome to the summer 2021 issue of The Mag.

In this edition we have the easy read forms for The Marjorie Newton Wright Awards and a summer competition inside for you all to enter.

The summer cover artwork was created by spring competition winner, Kaleigh in Milton Keynes.

The Mag Group would like to welcome James to our group, we are so happy he has joined our group.

Also for fun, see how many sunflowers you can see in The Mag.



From The Editor - Sui-Ling

What's inside



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What's Happening Around MacIntyre?



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Holidays and Day Trips



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Fun and Games



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Competition



What's Happening Around MacIntyre



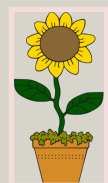
We had a BBQ. By some people in Milton Keynes



We had a BBQ at our house in Milton Keynes in Sunny April.

We had hotdogs, burgers, lots to drink and enjoy. We were happy the sun was out and we were all full after.

We had a great time.





Lunch in the Restaurant, by some who are supported in Hampshire.



We have a small restaurant downstairs, where we live.

Before Covid we used it daily.

We really enjoyed going there for lunch.

It wasn't just lunch; it was the walk to get there. Going there helped us stay in contact with friends we had made through the restaurant.

There was lots of lovely food to choose from.

It was a very social occasion, chatting with friends

We were able to go back to our restaurant on 31 May 2021 for the first time in 14 months. We had a great time.





Thank You Donna, by the people receiving support at Warrington



As part of our hero staff, Donna from Warrington learning centre came to help me at my house last year, when we went into lockdown. Donna helped me to get out for a drive in my car, and going shopping for myself and others.

Donna has also supported me to make scones and cakes. We did craft sessions and even painted and decorated a bedroom.

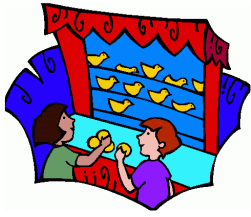
It was Donna's last day here on 20 May 2021. She is going to go back to the Learning Centre.

Donna made us this lovely bird table in the picture as a leaving Present. She is one of MacIntyre heroes. Thank you Donna.

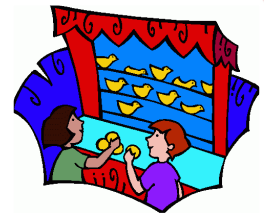




What's Happening Around MacIntyre



Our own fun fair, by the students at MacIntyre School

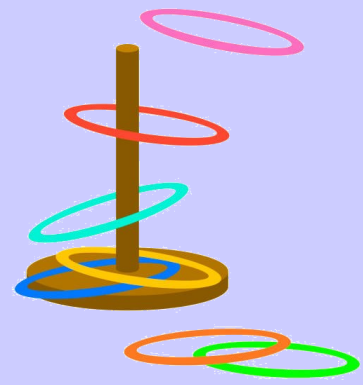


We created our own funfair at MacIntyre school. We made all the art work and props. We set up the stalls.

The school was decorated to look like a fun fair and there were all sorts of things to do.

These included, hook a duck, pie in the face, ice cream, hot dogs, candy floss, hoopla to name just a few.

Everybody had a really lovely time.





What's Happening Around MacIntyre



Greece themed night, by Milton Keynes.



We had a great Greek food night. We had lots to eat and lots of friends to talk to.

Over May 2021. We did lots of other activities. We did some painting and planting. We were very busy and it was hard work but lots of fun.





What is important to me questionnaire, by Zoe in Wingrave

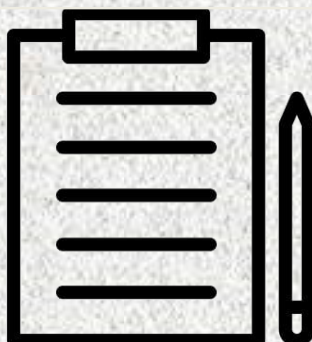
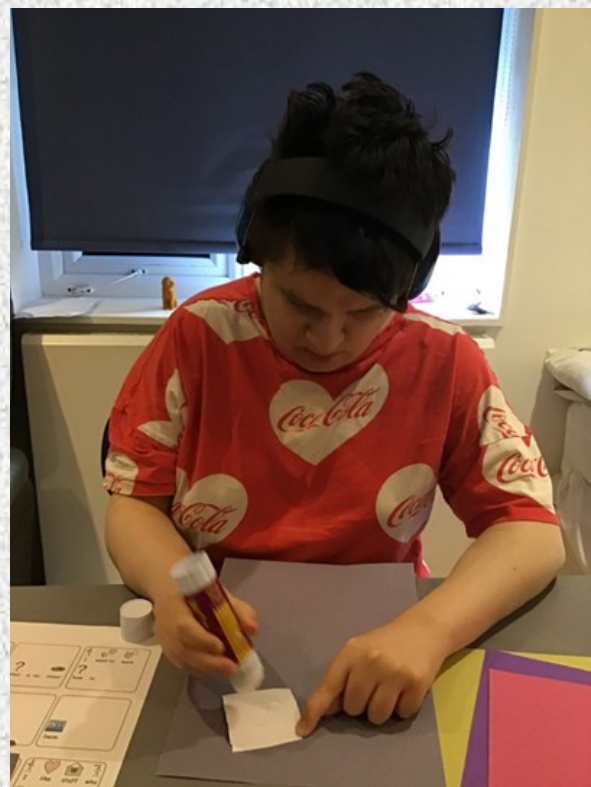
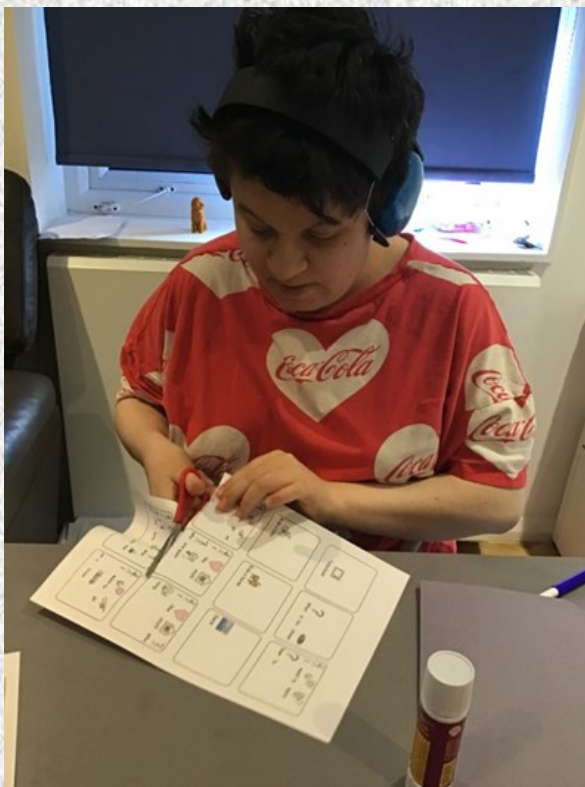


I enjoyed doing my What Is Important to me questionnaire.

I was cutting out pictures with some scissors and glued them onto the page to fill in the questionnaire. It was hard work but fun.



I was very proud of my work and it was posted onto Gwenne.





What's Happening Around MacIntyre



The Marjorie Newton Wright Award For Really Great Staff



MacIntyre has an award for staff who are really great

It is called the
Marjorie Newton Wright Award



Do you know someone who is really great

- a member of staff
- a manager
- a staff team
- a volunteer



Do they always get things right for you



Do they make you feel good about yourself





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- a member of staff
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- a staff team
- a volunteer



Do they always get things right for you



Do they make you feel good about yourself





What's Happening Around MacIntyre



Please post your form to

Tess Marshall
MacIntyre
602 South Seventh Street
Milton Keynes
MK9 2JA



Please post your form to get to us by
31 July 2021



The awards celebration will be
later in the year we will tell you the
date



If you have any questions about this
award you can speak to your head of
service or manager



The Newton Wright Award For Really Great Staff

Write your name and the name of your manager and where you live



Write the names of the great staff you want to tell us about and the service they work at



Who are these staff Please tick one box



My Manager

☐

My staff team

☐

My Support Worker or Senior Support Worker

☐

My **new** staff member

☐

They have a different job - please write their job title here

☐

.....





What's Happening Around MacIntyre



Why do you think they should win this award
Tell us as much as you can



If someone helped you fill in this form write their name here





Visiting Rushmere Park By Lynda in Milton Keynes



I went on a trip to Rushmere Park. We walked through the woods and there lots to see. There were lots of carved sculptures. I sat on the big wooden chair. It made me look tiny.

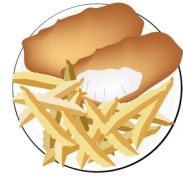


To finish the afternoon we had an ice cream. It was a brilliant afternoon. I really enjoyed it.





Visiting my Mum at her care home By Malcolm in Milton Keynes



With the help of my staff I went to see my mum in Hastings.
Hastings is by the seaside.



Mum lives in a care home and because of the Covid virus I have not been able to visit until recently.

It has hard not being able to visit and see my own mum but I was told I could not visit until it was safe. When I was told I could see mum, it made me so excited.

When I went to see my mum we went and ate fish & chips by the seaside and for some reason fish and chips taste nicer by the sea.



To be able to spend time with my mum again was the best thing ever.
I love going to see mum and I hope that I can go and see her more often.



Corona virus Information



I had Covid and beat it By Andrea in Warrington



I had Covid.



I had a sore throat and could not swallow and I had a rash. I wanted to sleep a lot.



The ambulance people came to me because my blood pressure was low.



I had medicine and this helped me to feel better.



I had to stay away from my family and that was hard. I missed my Grandma. I normally see her every day and I had to stay away from her. We spoke on the iPad but it was not the same as seeing her.

When I felt better I went and had lunch with my Grandma. It was good to see her.

I feel all better now and I had my vaccine and it helped me beat Covid.



Remember to be safe.





Corona virus Information



Saying Safe from Corona virus



Coronavirus COVID-19



Coronavirus
COVID-19
Public Health
Advice

Help prevent coronavirus



Wash your
hands



Cover mouth if
coughing or sneezing



Avoid touching
your face



Keep surfaces
clean



Stop shaking
hands and hugging



Keep a safe
distance

The virus spreads in sneeze and cough droplets, so regularly taking the above measures helps reduce the chance of it spreading.

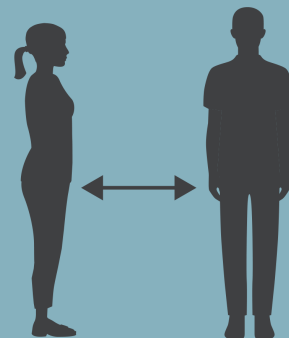
Coronavirus: What you need to do



Wash your
hands



Wear a face
covering



Keep your
distance



**Wash your hands
for 20 seconds**



WASH YOUR HANDS



Hand washing is a quick and simple way to protect you from germs. It's easy and only takes **20 seconds**.

Sing these words to the melody of "Twinkle Twinkle" while washing your hands!

1

Palm to palm



Twinkle Twinkle
little star 🎵

2

**Between
Fingers**



See how clean my
two hands are 🎵

3

**Back of
Hands**



Soap and water
wash and scrub

4

**Finger-
nails**



Get those germs off
rub a dub 🎵

5

**Base of
thumbs**



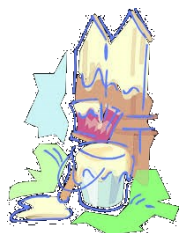
Twinkle Twinkle
little star 🎵

6

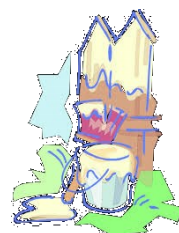
Wrists



See how clean my
two hands are 🎵



Fence painting and gardening by The Haddon's



We all decided we would spruce up our outside space and gardens and paint the wooden fences. We also planted some nice flowers and plants in our pots. It was hard work but worth it.





My Sensory Room by Geoff in Warrington

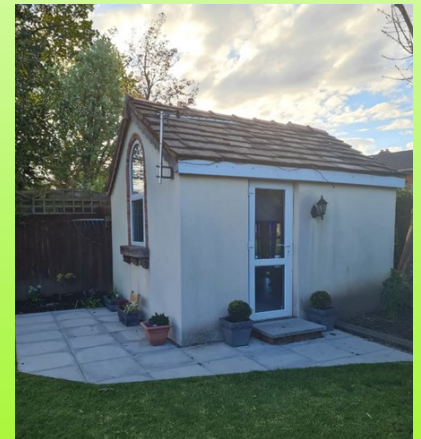


I moved into my new house last January 2020.

It is a large bungalow with lots of space and lots of grounds in the garden.

My bungalow has a little house at the back of the garden.

It has been a dream to have my own personal space to go to when I need.



This little house at the back of my garden has now been made into my sensory room.

The room had been full of rubbish and had to be emptied out.

I did go in and have a look round when it was empty.

When the house was empty Ash from Imperial Painting and Decorating came and painted the ceiling and the walls for me.

He was nice.





My Sensory Room by Geoff in Warrington (Continued)



Then I had a man from Rhino Sensory come and talk with us to plan and the design.
Then he fitted my sensory room for me.

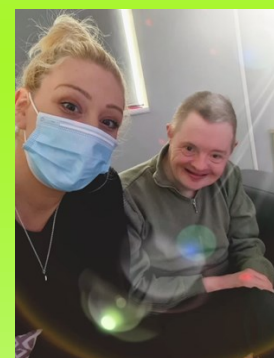
I love my new space.

It is a quiet space for me to go when I feel like.

It has everything I need and I am incredibly happy with the finished result. I have a new sofa to sit on.

Verity my staff helped me pick the colour for my sensory room.

I like to throw things around in the room and for Verity to pick it up. This makes me happy.



The bubble tubes are my favourite.

They change colour and I like to stand and look at them moving up and down.

There are also things on the floor that I can throw and bang. The noise is great.



My Sensory Room by Geoff in Warrington (Continued)



Look at the lovely sea projector! I have an infinity tunnel and a wall projector which shows the weather and the sea, and butterflies.

I have a disco ball on the ceiling as well and it all lights up in the dark.



My sensory room is in memory of my mum.

My lovely wooden frame has some flowerpots in. I can see the wooden frame when I go in. My sister has not seen it yet. She is going to be really surprised.

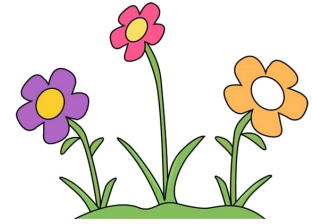


All my support staff worked extremely hard to achieve this magnificent sensory room project . It had been great and I go in every day. Even if for 10 minutes at a time.

My staff are all extremely proud to support in this way, and have made a dream and wish come true, not only for me but my family. We are thrilled to bits with this lovely success story.



Gardening by Nicolas From Milton Keynes

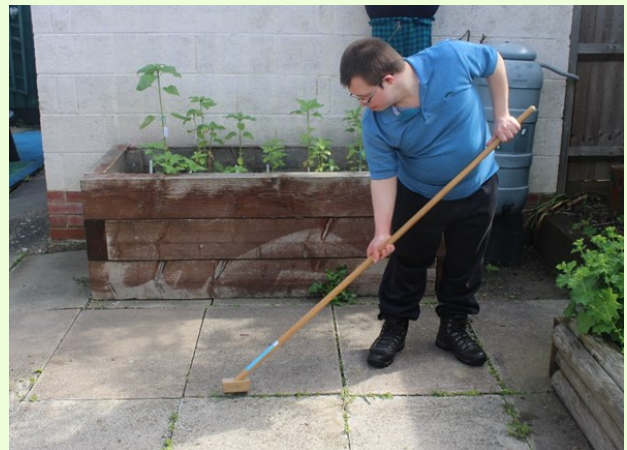


At my learning centre I have been doing some gardening.

I planted a sunflower and some peas. I dug the flowerbed and raked the soil to put flowers into it.

I used a weed brush to clean the slabs.

I enjoy being in the garden and doing the gardening. It was hard work but worth it!





Hobbies and Interests



10 years at St Johns Ambulance service as a Volunteer by Helen from Chesterfield



In April 2021. I received an award for 10 years of service with St John Ambulance. Where I work as a volunteer.



I have helped with fundraising by collecting at various events and even doing an indoor sky dive.

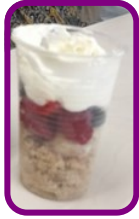
I love to help the young badgers and cadets and help them to gain their badges. I have even become a body to practice first aid on.



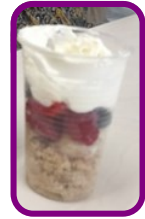
The two photos of me is one receiving my award and the other is of me collecting bucket for St John's at Chesterfield Football Club before the virus started.



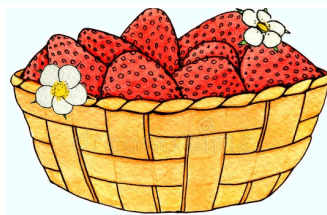
Food and Drink



Individual no bake cheesecake by People we support in Oxford



Photos of us at Oxford making our cheesecakes



Here is the recipe



Recipe

Single No Bake Cheesecake

To make single no bake cheesecakes you will need



- a mixing bowl



- a wooden spoon or a rolling pin



- 1 small dish for each cheesecake

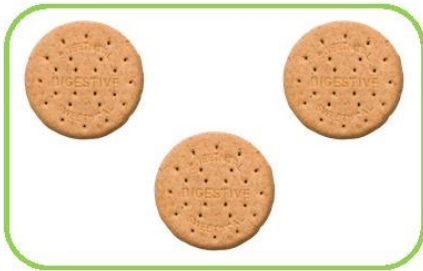


- Have 1 extra small dish to melt the butter in





Food and Drink



- Plain digestive biscuits
- You will need 3 biscuits for each cheesecake



- 25g of butter for each cheesecake



- 2 tubs of cream cheese



- Double cream



- Sugar or icing sugar



- a topping of your choice like
- banana
- raspberries
- strawberries
- blueberries

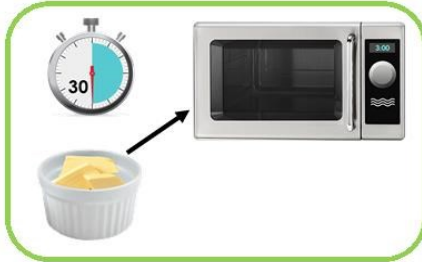


Food and Drink



Put the digestive biscuits in to the bowl

Use the wooden spoon or the rolling pin to crush the digestive biscuits into crumbs



Put the butter in to a small dish and melt it in a microwave

Microwave the butter for 30 seconds at a time



Keep doing this until all the butter has melted



Add the melted butter to the crushed digestive biscuits

Mix them together with the wooden spoon



Put a small layer of the digestive biscuit mixture in the bottom of each of the small dishes

Make sure to flatten it down and leave it to set



Put the double cream and the cream cheese together in to a mixing bowl

Mix them together until they become thick and creamy



Food and Drink



Add sugar or icing sugar until the mixture is as sweet as you want it to be



Fill the rest of each of the dishes with the mixture

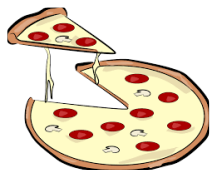


Choose how you put your topping on

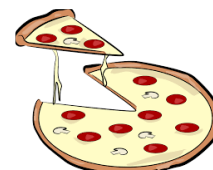
Let the cheesecake set before you eat it



Food and Drink

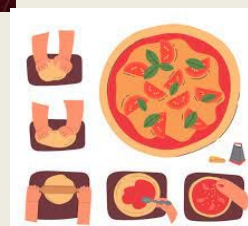
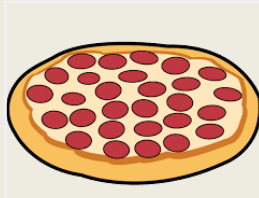
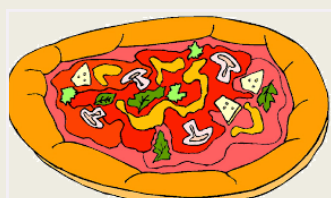
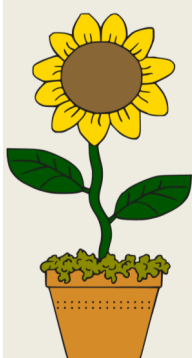


Making Pizza by Darren in Milton Keynes



One Saturday evening in April 2021 me and my flatmates made our own pizzas with staff Amanda.

We really enjoy making fresh homemade foods.





Recipe Quick Soda Bread



To make quick soda bread you will need



- a baking tray



- a mixing bowl



- a wooden spoon



- a cutting board





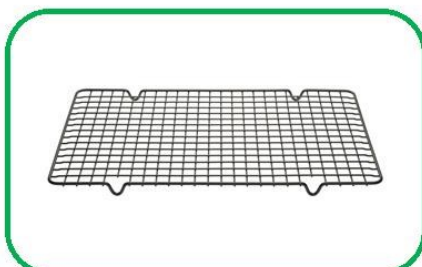
- a kitchen knife



- oven gloves



- a sieve



- a cooling rack



- 450g of wholemeal flour or plain white flour or a mixture of both
- Some extra flour for sprinkling



- 1 teaspoon of sugar



Food and Drink



- 1 teaspoon of bicarbonate of soda



- Milk if the dough is too dry



- 400mls of buttermilk



- Half a teaspoon of salt



Put the oven to 180c or
gas mark 4



Use the sieve to sprinkle a small
amount of flour on to the baking
tray and the cutting board



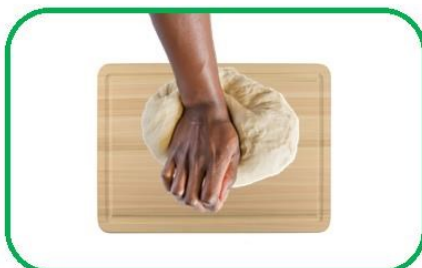
Use the sieve to sift the salt and the flour and the sugar and the bicarbonate of soda in to the mixing bowl



Pour the buttermilk in to the mixing bowl and mix the ingredients together with the wooden spoon



If the dough is too dry then add a small amount of milk to make it wetter and mix it in with the wooden spoon



Put the dough on to the cutting board and knead it for 1 minute



Shape the dough into a round shape



Use the knife to cut a deep cross into the top of the dough



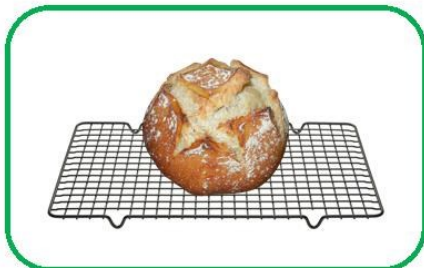
Food and Drink



Put the dough on to the baking tray and use the oven gloves to put the baking tray in to the oven for 45 minutes



Use the oven gloves to take the baking tray out of the oven

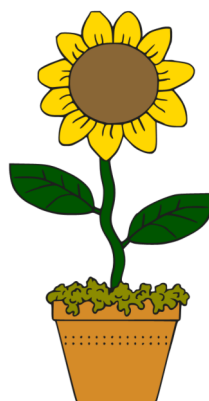


Use the oven gloves to put the bread on to the cooling rack
Let the bread cool on the cooling rack before you cut it up and eat it



Remember to turn off the oven when you are finished

Enjoy the recipe from Mary L





Making homemade raspberry jam By Patty in Worcestershire



I just wanted to show everyone what I have been doing with the support of my staff. I made a batch of raspberry jam

Here are some photos of me making my jam.



The link to the recipe we used

[https://www.bbc.co.uk/food/recipes/
how_to_make_jam_75331](https://www.bbc.co.uk/food/recipes/how_to_make_jam_75331)



Food and Drink



Pizza making By Nicholas in Milton Keynes



We made Pizza at the Learning Centre. I like pepperoni, tomato sauce, cheese and sweetcorn on mine.

We put them in the oven. It took a long time to cook. My pizza was very wonderful to eat.





Remember me



Remember me.... Her name was Hazel



We sadly lost Hazel and she is really missed.

Hazel was a strong, lovely person.

Hazel was supported by her staff from 1997 until her death in December 2020.



Hazel's favourite things to do included having a pamper session. Her appearance was important to her. She also loved a good meal and a glass of wine.

She loved going shopping to buy the glitteriest outfit. The photo above is the shoes that she got for her birthday and she loved them.

All who knew her, thought the world of Hazel. We are sad that she is gone, but happy in the knowledge we supported her to have a great life and that she enjoyed the things which were important to her

We supported her to the end, and it was an honour to be part of her life.



Art and Craft



Making Euro 2020 Football Flags by the people we support in Milton Keynes



We made some flags for the Euro 2020 football championships at our Learning centre. We painted all them.

We enjoyed watching football. Well done England.





Art and Craft



Artwork by people we support in Chesterfield



Nathan with his papier-mâché horse head



Carl with his Liverpool Football Club



My Tattoos BY Natalie in Warrington



I love tattoos

My tattoos are important to me.



These are the pictures of my tattoos



I have one on my foot which is a star. I got this when I went on holiday 6 years ago. This didn't take long to do as its only little but it did hurt a little because its on my foot.

The flower one took longer it was about 2 hours



The beautiful tattoo on my wrist. I got for my 21st birthday.

Each tattoo has a memory for me.

I am saving up for another tattoo and I very excited about it. I have not decided what I want yet.



Pine Cone Hedgehog by the people we support in Milton Keynes



Did you know that pine cones open and close when they get wet.

Pine cones keep pine tree seeds safe and the cone protects the seeds from freezing cold. To protect the seed when cold, the pine cones closes tightly keeps out the cold temperature.



We made a giant pine cone hedgehog using a pom-pom for the face and googly eyes.

You can see how the shape of the hedgehog's body has changed when it has got wet.

When you add the pom-pom they do look like a hedgehog though!





Fun and Games



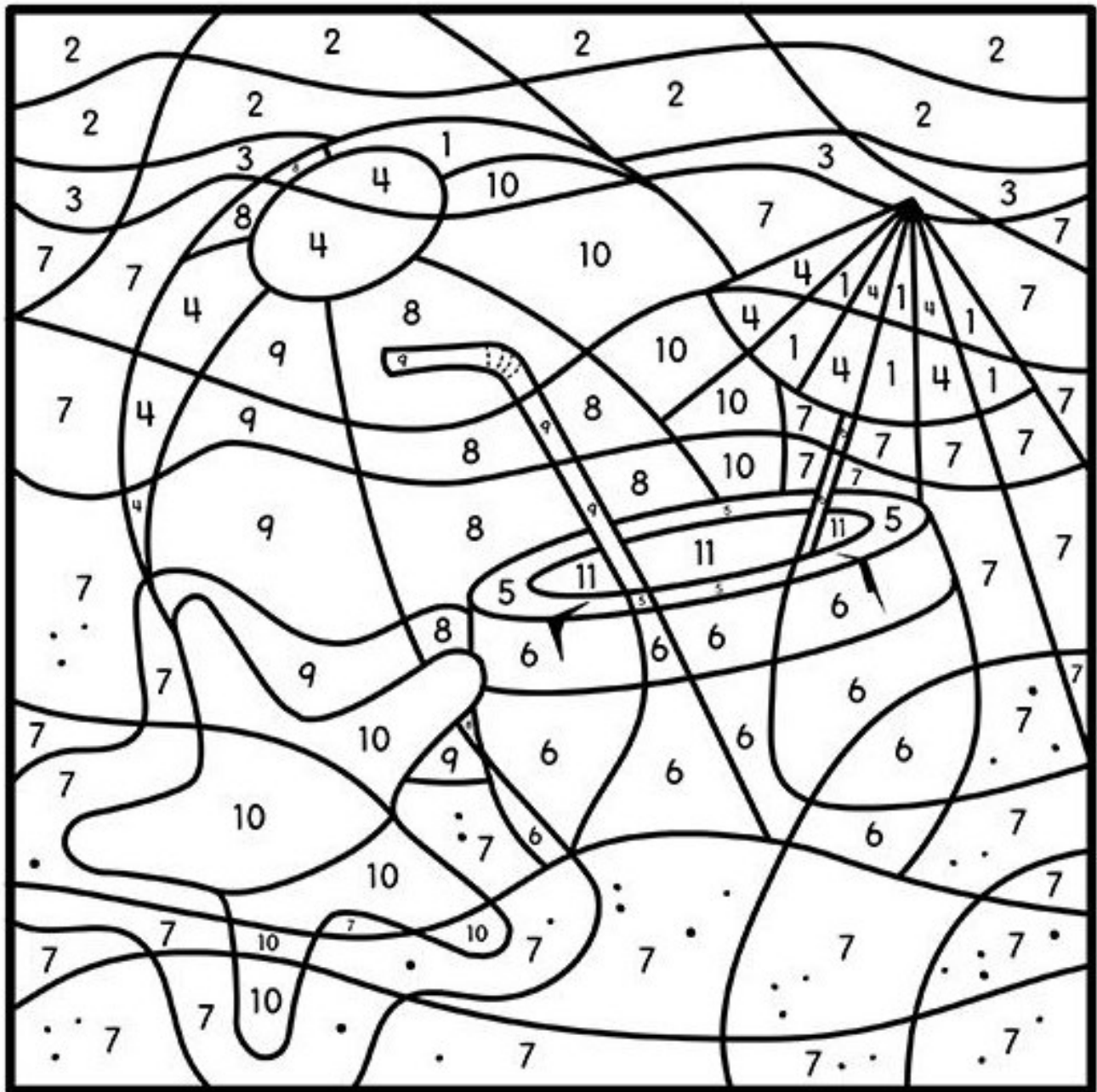


Fun and Games





Fun and Games



1. Purple 2. Blue 3. Light Blue 4. Pink
5. Orange 6. Brown 7. Yellow 8. White
9. Light Green 10. Red 11. Grey

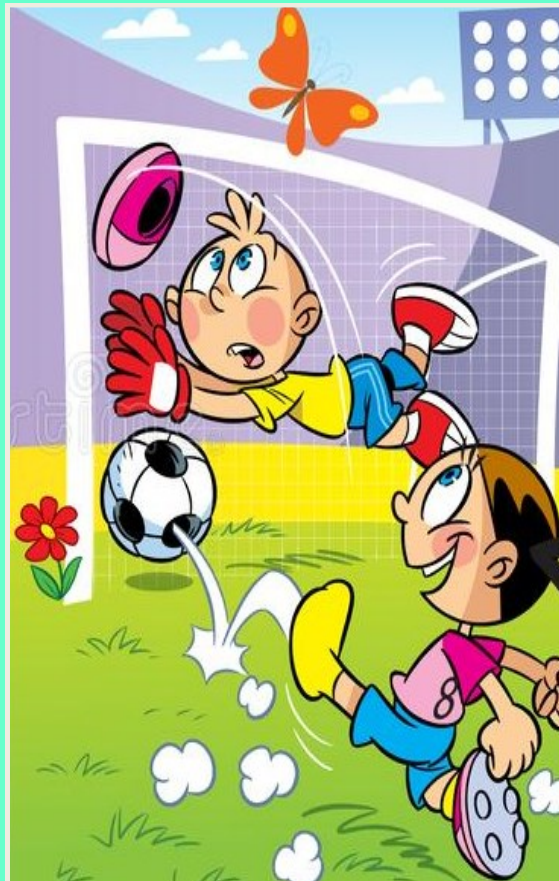
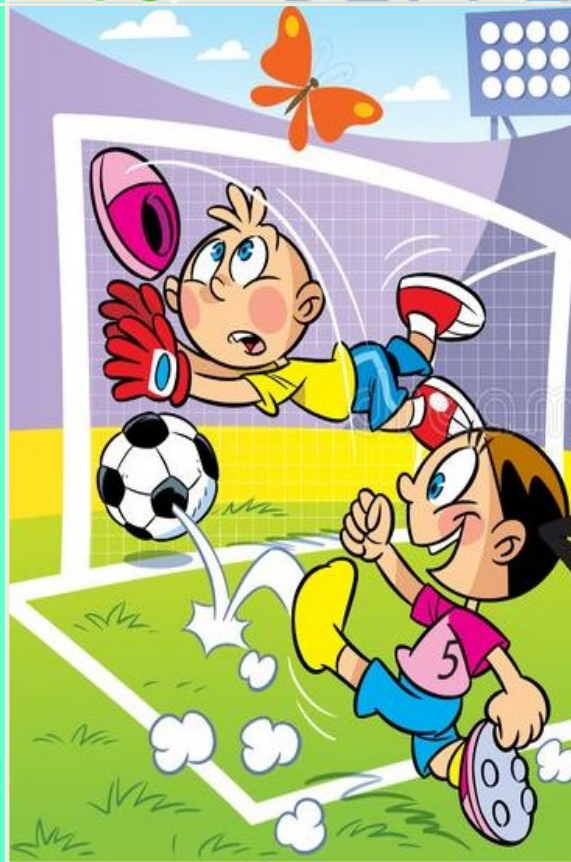




Find the differences



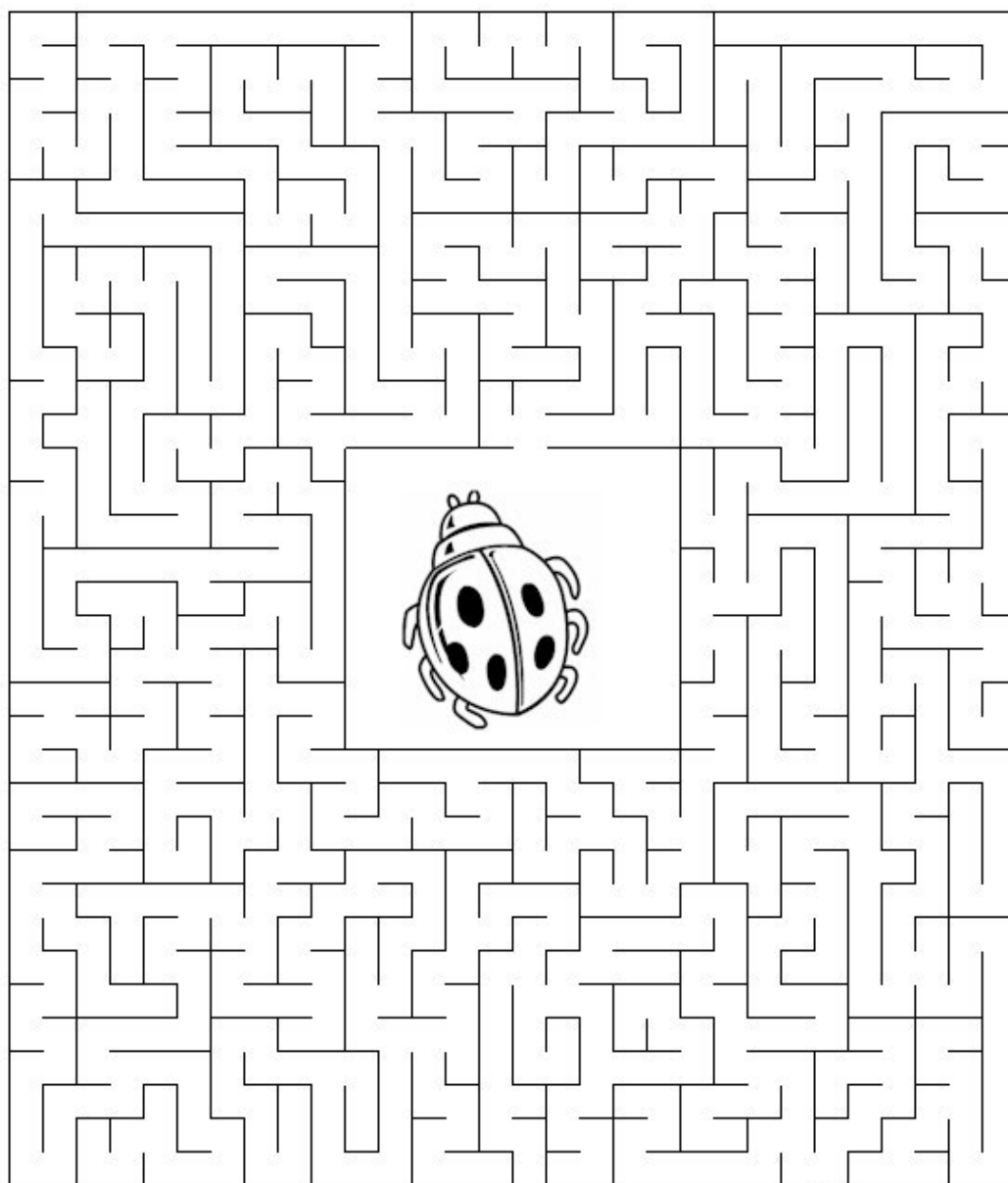
FIND 10 DIFFERENCES





lady bug maze

Help the lady bug find her way out!

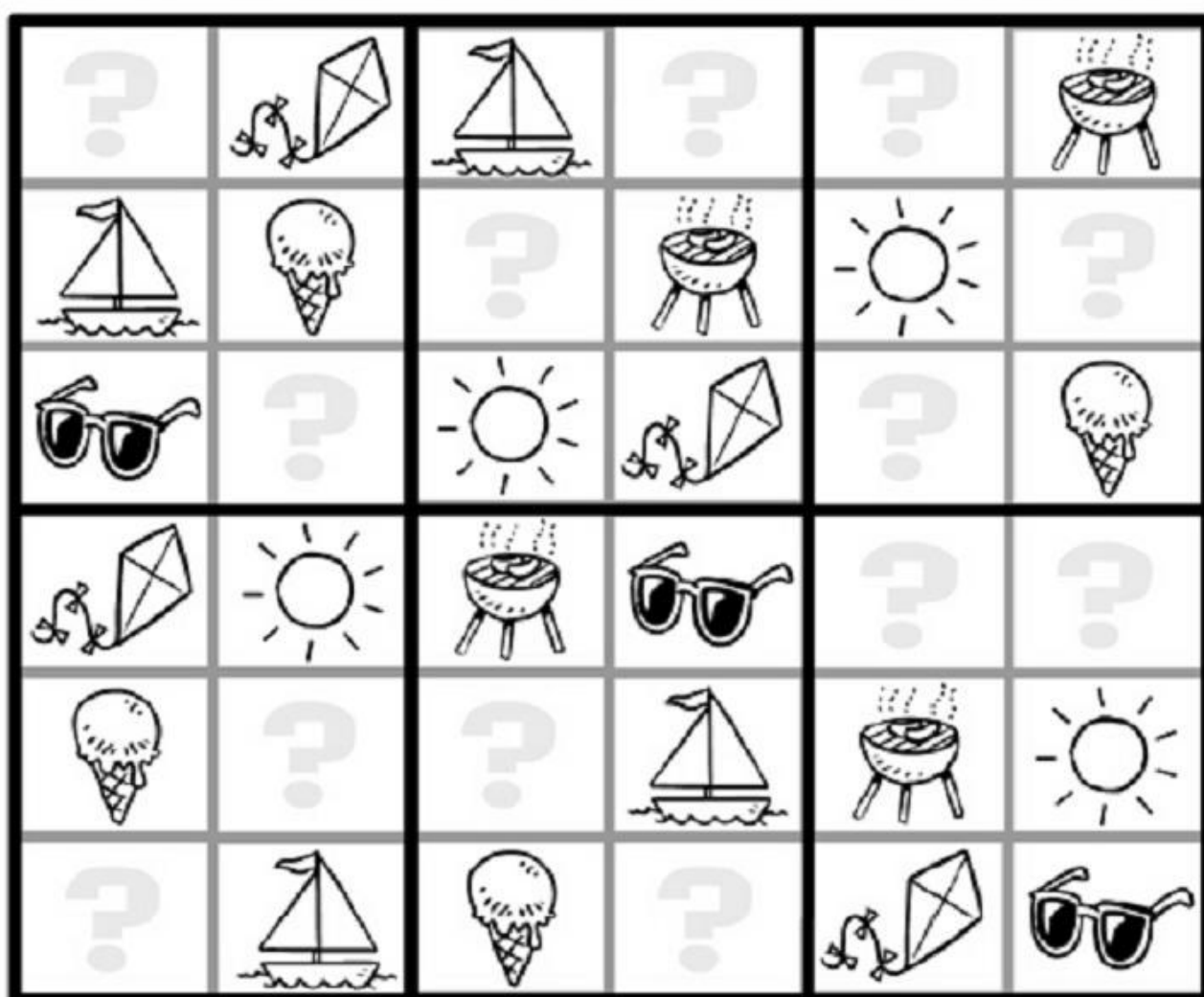




Summer Fun Sudoku



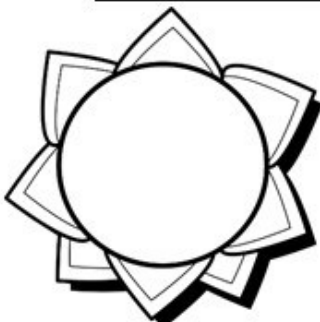
Fill in the pictures below, so that every row, column and section contains only one of each ...





Name: _____

Summer Word Search



AUGUST
BEACH
VACATION
SUN
SEA

CAMPING
ICE CREAM
SUNBATHE
SUNCREAM
SUNGLASSES

JULY
JUNE
SUMMER
HEAT
SUNSHINE





Name: _____

Summer Word Search

s	u	l	m	e	s	u	n	n	y	m
w	w	u	r	c	u	t	u	e	d	p
i	x	m	f	a	m	i	l	y	l	o
m	e	t	m	i	m	s	p	o	o	o
m	a	r	a	b	e	a	c	h	s	l
i	d	i	r	l	r	h	a	i	g	y
n	z	p	g	h	l	e	m	e	h	p
g	e	i	n	l	h	e	p	a	o	l
v	a	c	a	t	i	o	n	n	t	s

summer

beach

vacation

trip

swimming

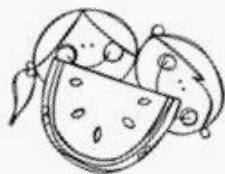
sunny


camp

hot

pool


family






summer


Complete the crossword and find the secret message.




4




20




6




17




18




12




13




14




9




3




8




7




11




15




10




16




2



19



5



21

The secret message is _____



SUMMER **BUCKET LIST.**

Ideas

Try new food

Watch a sunrise

SPA day at home — relax

Fly a kite

Make lemonade

Eat watermelon

Go to the park

Take a picture of a butterfly

Hula Hoop contest

Get icecream from the icecream van

Pottery painting

Treasure Hunt

Watch a movie outdoors

Go to a BBQ

Water balloon fight

Play board games outside

Star Gaze

Watch a sunset



summer bucket list

Places to Go

Games to Play

Books to Read

Movies to Watch

Recipes to Make

Experiments to Do

I want to learn about...

Crafts to Make

Places to Travel

Ways to Serve



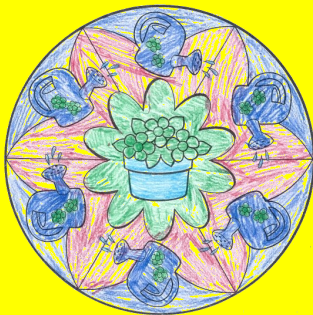
Competition



Spring Competition Entries and winner



Spring Competition Entries



Sarah
Milton Keynes



May
Milton Keynes



Lisa
Warrington

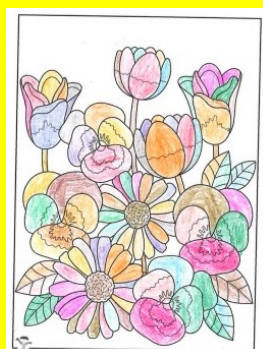


Julie
Flitwick



Sylvia
Warrington

The Winner



Kaleigh from Warrington
see the front cover



Competition



Summer Competition



The Summer competition. You can choose to

- Take a picture



- Draw a picture



- Paint a picture



The picture will go on the autumn front cover of the Mag and the winner will get a prize .



Please email entries to themag@macintyrecharity.org

Or you can post to the address on the back page



Telephone: 01908 230100
Email: themag@macintyrecharity.org
Registered Charity Number; 250840



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