



MacIntyre  
Providing support...your way

# The Mag





Autumn 2021



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



## The Mag Group



Sui-Ling



Donald



Mary



Sharon



James



Welcome to the Autumn 2021 issue of The Mag.

The Autumn cover artwork was created by spring competition winner, Julie in Flitwick.



In this edition we have an interview by James with Theo from The Dance Troop Diversity on Pages 9 to 12



Also for fun, see how many Conkers you can find in this Mag.



From The Editor - Mary

# What's inside



**Pages 4 to 16**

**What's Happening Around MacIntyre?**



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**Competition**





## MacIntyre BINGO online By Sarah Jane in Oswestry



I had a great time doing the MacIntyre Bingo online on a Wednesday evening. It is open to all staff and people supported by MacIntyre. I loved it and it was nice seeing more people online on Zoom.



| BINGO |    |    |    |  |
|-------|----|----|----|--|
| 25    | 38 | 50 |    |  |
| 12    | 36 | 75 |    |  |
| 11    | 30 | 46 | 62 |  |
| 5     | 44 | 68 |    |  |
| 21    | 41 | 55 |    |  |



| BINGO | BINGO |    |    |    |    |
|-------|-------|----|----|----|----|
|       | 2     | 19 | 34 | 50 | 68 |
|       | 4     | 20 | 35 | 53 | 70 |
|       | 6     | 24 | 32 | 54 | 61 |
|       | 9     | 25 | 36 | 49 | 62 |
|       | 11    | 30 | 41 | 55 | 69 |





## MacIntyre BINGO online



MacIntyre  
Providing support...your way



### MacIntyre Bingo Nights



MacIntyre has bingo nights every Wednesday at 7pm



There will be 2 games of bingo played every Wednesday



People who are supported by MacIntyre and Staff can come to the bingo nights



You do **not** need money to come to the bingo nights



You can donate to MacIntyre on the MacIntyre website with the word bingo if you want to





# What's Happening Around MacIntyre



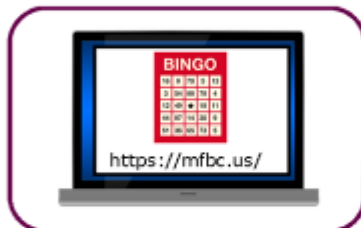
## MacIntyre BINGO online



The bingo games will happen on Zoom



You will need a smartphone or a tablet or a computer to use Zoom



You can get your bingo cards from this link

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



You can use the same cards every week



You will need an email for the bingo cards to be sent to



Remember to check your spam folder in your email if you cannot find them



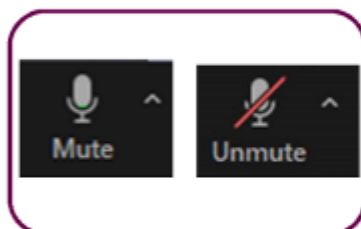
## MacIntyre BINGO online



If you need help then you can send an email to  
anita.taylor@macintyrecharity.org  
leander.mcfadden@macintyrecharity.org



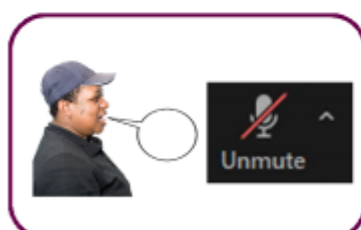
When you are playing bingo you will need to mute your microphone when the numbers are being called out



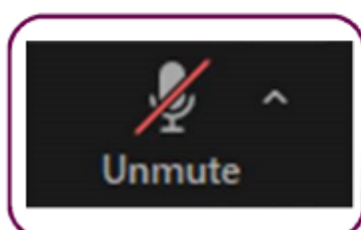
Muting your microphone means people can not hear you talking



If you want people to hear you click the microphone button



If there is a **red** line on the microphone button this means sound is turned off



If you need to speak click this button to unmute





## MacIntyre BINGO online



Mark the number with your pen when it is called out



If a line of numbers on your card are marked then you

- Wave your arms
- unmute your microphone



Your numbers will be checked

If all the numbers on your line have been called out then you win the line



If a full box of numbers on your card are marked then you

- Wave your arms
- unmute your microphone



Your numbers will be checked

If all the numbers on your card have been called out then you win the game

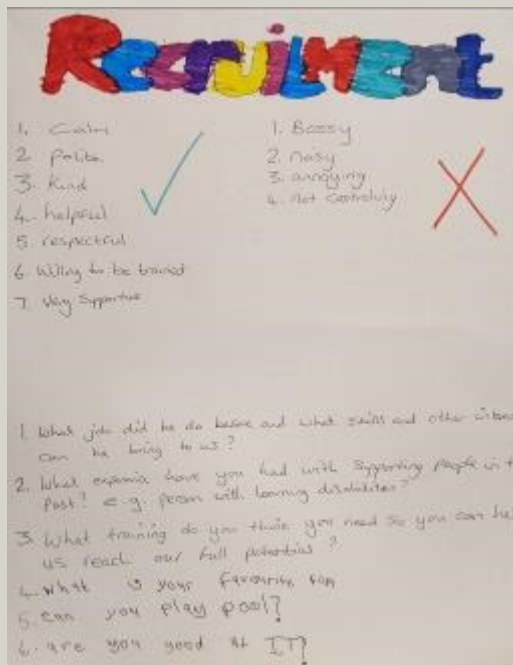


## Interviewing an applicant By Jay and Tom at Milton Keynes



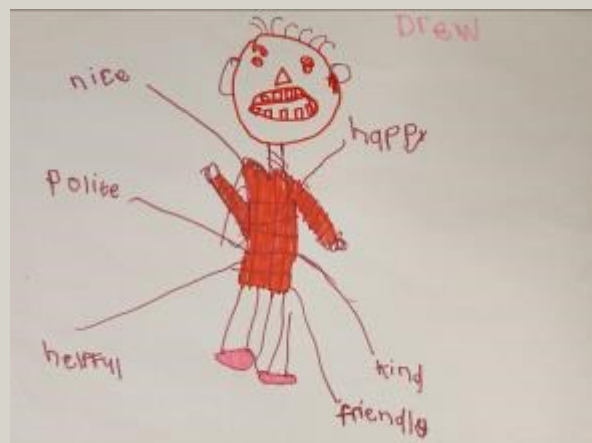
Somebody called Drew came to see us to be interviewed for a job at MacIntyre.

We got ready by choosing questions to ask him and wrote them down just in case we all forgot what to say.



Everyone made him feel welcome and offered him a cup tea and a biscuit.

Tom drew a picture of what he thought Drew might look like.

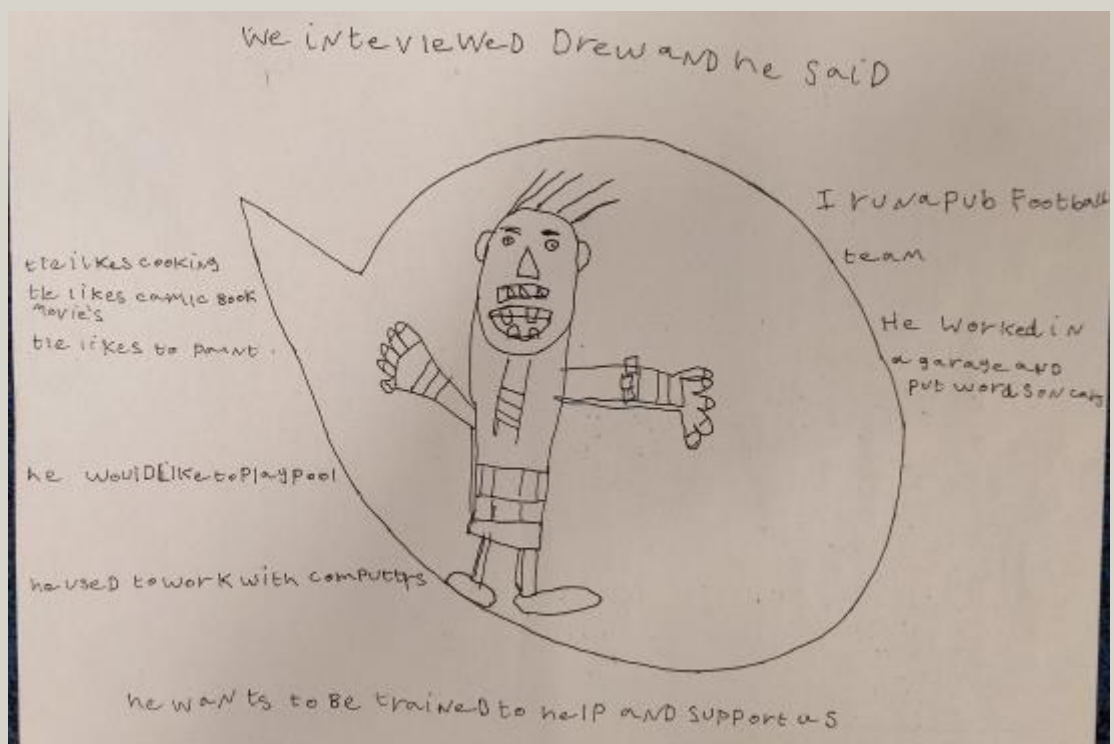




## Interviewing an applicant By Jay and Tom at Milton Keynes (continued)



Jay has drawn a picture of what Drew's answers were and how he really looks.



Everyone said thumbs up and gave him the job.







## My Job at Sainsbury's by Alex in Oswestry



This is me looking smart in my work uniform. I work at Sainsbury's.



I enjoy working at Sainsbury's.  
It makes me so happy.





Goodbye!



## **Angie's last day working at our service By all at our service in Milton Keynes**

Goodbye!



It has been an emotional time for us all at our service. After being with us for 6 years, it was Angie's last day working at our service.



We all said to Angie 'we wish you all the best for your future adventures. We are going to miss you. Thank you for your time and effort with MacIntyre'.





## **DANCING IN THE PARK** **By James in Hampshire**



In August, our "Eastleigh Dance Crew", who won last year's "MacIntyre's Got Talent". They had a special dance masterclass with Theo from Diversity and Tanesha who attends the Bird School of Dance.



The "Eastleigh Dance Crew" is made up of people we support in Hampshire. They all attend our Eastleigh Launchpad Group on Tuesdays for weekly dance sessions with the "Belinda's School of Dance". Last year they continued dancing their way through lockdown via zoom with their dance teacher Belinda.

Now they are back outside "Dancing in the Park". The "Crew" thoroughly enjoyed meeting and dancing with Theo and Tanesha, who taught them a new dance and then they all sat down to ask Theo some questions.



**Eastleigh Crew dancing With Theo and Tanesha**

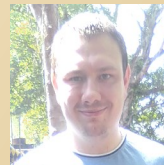




## DANCING IN THE PARK By James in Hampshire (continued)



**Theo**



**James**

**James:** "How long have you been dancing with Diversity?"

**Theo:** "For over 10 years now."

**James:** "Who is the most famous person you have ever met?"

**Theo:** "I once met Michael Jackson's mother and his children!"

**James:** "Who would you most like to dance with?"

**Theo:** "I would have loved to dance with Michael Jackson but unfortunately that is not possible....so instead I would most like to dance with the "Eastleigh Dance Crew!"



Gillian



Jennifer



Kathrine



Leeane



## **DANCING IN THE PARK** **By James in Hampshire** **(continued)**



**Maria**



**Quentin**



**Sarah**



**Karl**



**Tanesha and Theo**



**Dance teacher Belinda**





## **DANCING IN THE PARK** **By James in Hampshire** **(continued)**



**Dance teacher Belinda**



**Questions and Answers with The Group**



**Theo and the Dance teacher  
Belinda**



**Vicky**







### My Holiday to Norfolk By Jenyth in Milton Keynes



I went to Norfolk on the 2nd of July with my Staff. It took us two hours to get there. Another member of staff came for one night.

We had a lovely massive garden to ourselves, which had a private swimming pool.



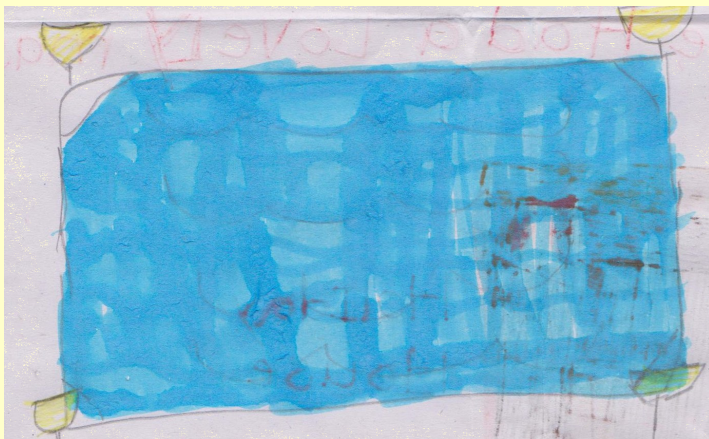
**Holiday House**



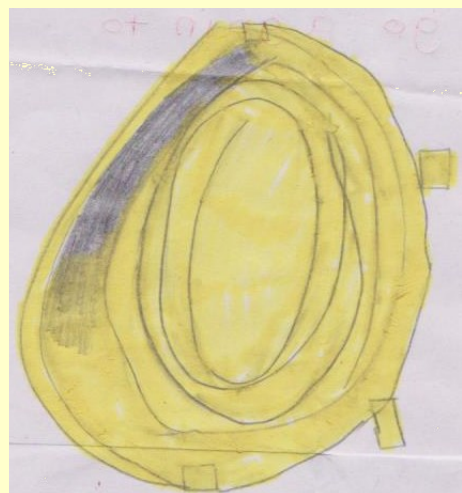
**Swimming Pool**



We also had a steam room and a hot tub in the garden. I had bucks fizz to drink.



**In the hot tub**





### **My Holiday to Norfolk By Jenyth in Milton Keynes (continued)**



I went to Great Yarmouth with my staff and friends on Sunday.

I went on a horse ride around Great Yarmouth it was fun.

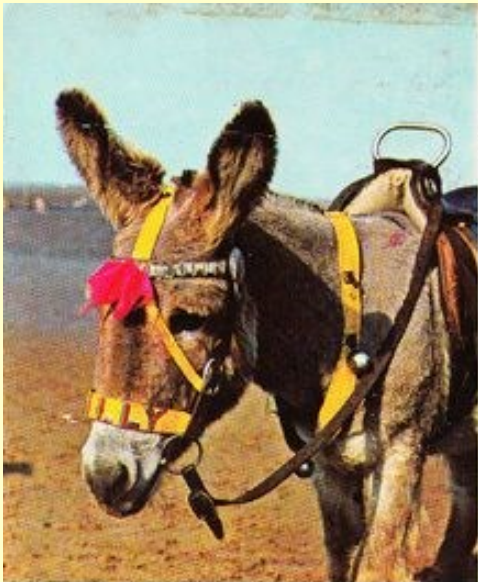
We had fish and chips for lunch, with two cocktails called Pina colada and Mojito.



**Cocktails**



**Fish and Chips**



**GREAT YARMOUTH**



I enjoyed my holiday in Norfolk and I would like to go again.







### The Haddon's trip to The Zoo By people we support at Milton Keynes



We went for a lovely day out to London zoo and we all enjoyed seeing lots of different types of animals. We went with our staff and we had lunch too. We had the best time ever and we went to the fun fair as well.

Our staff took lots of photos of us and here are a few for you to see.





### **Our visit to Sherwood Forest By the people we support in Chesterfield**



We took a trip to Sherwood Forest in Edwinstowe which is run by forestry England. The gift shop and café onsite are run by the RSPB. (Royal Society for the Protection of Birds).

Sherwood Forest is best known for the legend of Robin Hood. So of course we visited the Major Oak Tree where Robin Hood and his outlaws lived.

Amy said 'I enjoyed learning about Sherwood Forest and the legend of Robin Hood'. She also said 'that the tree is over 10 meters round and it would take 10 people holding hands to cover the base of the tree'.

Whilst we were there we were wowed at the alchemist who is an ancient scientist who performed magical experiments he provided us with a drop of Anti Plague wash.



There was a reward of 500 gold coins if we turned him in to the Sheriff of Nottingham. We decided not to turn him in to the Sheriff as Paul said his experiments were really good.





### **Our visit to Sherwood Forest By the people we support in Chesterfield (continued)**



We also met Robin Hood's friend Will Scarlett who taught us how to throw axes and knives. Everyone had to make sure they didn't get on the wrong side of Sharon as she hit the archery target twice.

By the end of the visit Sharon had us all singing The Robin Hood song by Gary Miller - 1956



Robin Hood, Robin Hood, riding through the glen  
Robin Hood, Robin Hood, with his band of men  
Feared by the bad, loved by the good  
Robin Hood, Robin Hood, Robin Hood







**Our visit to Sherwood Forest**  
**By the people we support**  
**in Chesterfield (continued)**



Here are a few more photos from our visit.





### Up, up and away By Sarah-Jane at Oswestry



I went to the local hot air balloon festival with my staff. I went in an air balloon. It was so much fun going in an air balloon and looking up and seeing all the different hot air balloons high up in the sky.







# Celebrations



## My Birthday by David in Milton Keynes



In June it was my birthday... not just any birthday but a big birthday. In fact a very big birthday. I was 70 years old. To help me celebrate the staff at Lifelong Learning organised an afternoon Tea Party. We tucked into scones and butter and cream and of course it was all with strawberry jam.



This obviously started the discussion, "Is it jam first or cream first on the scone? The general opinion was that it didn't really matter. It tasted lovely whichever way around it was. Several scones each were eaten and a good time was had by all. I had a great time and wish to say thank you very much. It was great. So being 70 does have its benefits.



**Jam first inside**



**Cream first inside**





# Celebrations



## My Birthday by Alex in Oswestry



It was my birthday in July 2021.

Some photos below were taken at my house and some are from my day out with my mother.

My housemates bought me a Marvel T-shirt I am wearing in one of the pictures below.

I love steam trains.





## Celebrations



### **Celebrating My Birthday by Sarah Jane in Shropshire**



It was my birthday earlier this year. It was on a lovely sunny day. Adam and Rowie surprised me with a lovely spread of homemade scones and cakes and sandwiches. We all had a great time.



HAPPY BIRTHDAY







## **My sunflower by Andy in Hampshire**



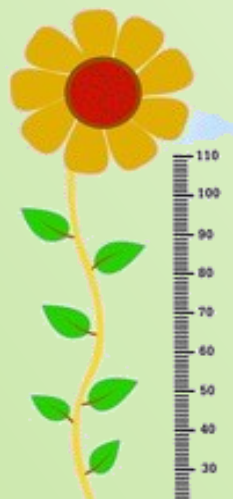
In my Garden my tallest sunflower is 10 foot 3. My staff said 'That is amazing Andy' and Care Bear my dog was also very impressed too.





## Our sunflowers by Sophie in Hampshire

My staff measured my tallest sunflower again today and it's now a whopping 9 feet tall. Some of my sunflowers are even a beautiful orange colour.







## Growing Cress by Matthew from Milton Keynes



This is my fantastic cress diary collage

I grew the cress from seeds and made a yummy pasta salad lunch.

As well as purchasing the seeds with my staff. I sowed the seeds and looked after the seeds by watering them.

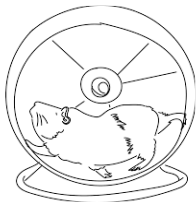
Then finally after two weeks the seeds grew into cress and ended up as part of my lunch.

I created the photo collage on my iPad using the iPad photo app. This linked in nicely with the AQA qualification I am doing.

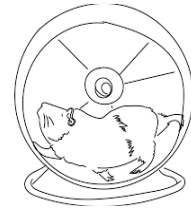




## Hobbies and Interests



### **My exotic world of guinea pigs** **By Tyler in Warrington**



I have recently been spending time with my staff. They have been helping me to take care of my guinea pigs over the past couple weeks in lockdown.

I have made a step by step guide on how to take care of guinea pigs. What I want to do in my future is animal care. I have spent time creating my own YouTube channel.

Below is my power point presentation which I use.

#### **HOW TO CLEAN THE HUTCH AND RUN**



- Step 1 take the food bowls out
- Step 2 take all the old bedding out
- Step 3 give it a wash
- Step 4 put fresh bedding in
- Step 5 put the food bowls back in
- Step 6 give them hay and water

#### **HOW TO HANDLE THE GUINEA PIGS**



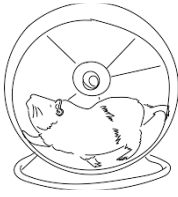
To handle a guinea pig you need to catch but they are fast to catch them you need to get them in the bedding area and catch them if you can't leave it for a bit then try again but don't stress them out.

Once you have caught one hold its back end and behind its front legs and sit down when stroking it.

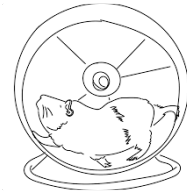




## Hobbies and Interests



### My exotic world of guinea pigs By Tyler in Warrington (Continued)



#### MY YOUTUBE CHANNEL



I have a you tube channel called Tyler's exotic world and I have loads of videos and loads of videos coming up soon not to long I think but on my video I have me cleaning out the guinea pig's and me doing a video of the zoo that's what I do at college at Walton gardens and on my next YouTube channel iam going to do the 24hour challenge in the guinea pig run .

So subscribe to my channel and hit the like button and ring the little bell so you know when I post thanks.

#### AFTER I LEAVE COLLEGE I WILL.....



After college I will look for a job to carry on working with animals and looking after them all the time be cause the guinea pig help me with the experiments for college and the guinea pigs keep me company in lock down.



**Guinea pig**





## Hobbies and Interests



### Our Sponsored bicycle ride By Paul and Steve in Milton Keynes



The two of us took part in a bike ride to raise money for The Learning Disability Team at Milton Keynes General Hospital.

A big thank you to Lynda, Charmaine, Nicole and Pablo who supported us with the bike ride. Thank you also to all the people who came to meet us at Willen Lake and for cheering us on.

Thank you to Jess who used to work at the fundraising team and to Harry for all their support.

We have raised on line **£1575** and from our sponsor forms another **£70** and the total so far is **£1645**.





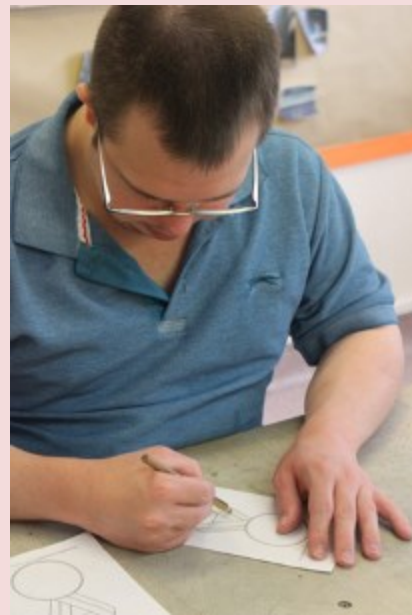
# Sports and Leisure



## The Olympics Games By the people we support in Milton Keynes



We are going for gold at our centre in Milton Keynes. We have a medal count for Team GB while they are competing at the Olympics and we have been creating our own medals. We have been working hard to keep up with the winning.





## Jam Making by Oliver and Ian In Worcestershire



On Sunday we made some jam with Marian our support worker. We used the sweet golden plums that we had grown in our garden.

We made a jar each for our Mums and two large jars of jam for the house.







## Food and Drink



### Butternut Squash Soup



To make butternut squash soup you will need

- a pan



- a hand blender



- a sharp knife



- a wooden spoon





## Food and Drink



- 1 chopped onion



- Fry light



- 1 medium cut up butternut squash



- 1 pint of stock made with stock cubes



## Food and Drink



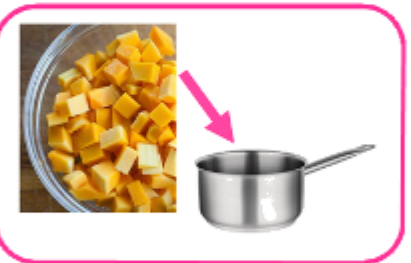
Put a few sprays of fry light into the pan with the chopped onion



Fry the onions until they are a bit brown  
Use the wooden spoon to stir them



Add the vegetable stock to the pan



Add the chopped butternut squash to the pan



Simmer until the butternut squash is soft



Use the hand blender to blend until smooth  
Serve and enjoy





**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 🎵



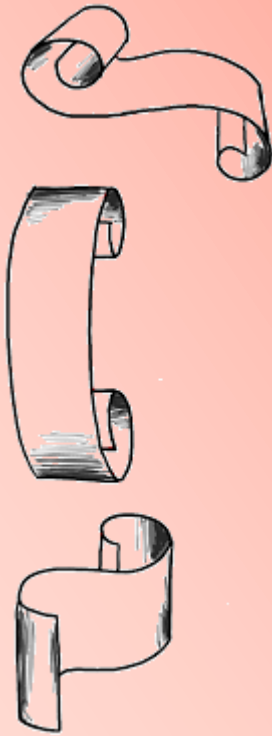
# Art and Craft



## Art and Craft by Sarah-Jane in Oswestry



Me and my support worker Elaine had a crafty afternoon  
The artwork below was created using curled paper and lots of glue. 😊



I am super proud of myself.





## Our Bee project By Kristy and Luke at Warrington



We have all been working very hard on a bee project.

We have all contributed to the beautiful wall display that has been designed. Some of the quotes include positive sayings like Bee your best, bee happy, bee kind.

This has taken many weeks but well worth the wait to see it up on the wall.







## Fun Autumn Activities



**Make colourful leaf art**



**Visit a farm or pumpkin patch**



**Carve a pumpkin**



**Go for a crunchy leaf walk**



**Start a leaf collection**



**Admire the changing colors**

**Collect pine cones**



**Leaf rubbings**



**Find your way through a corn maze**



**Make s'mores**

**Jump in a leaf pile**

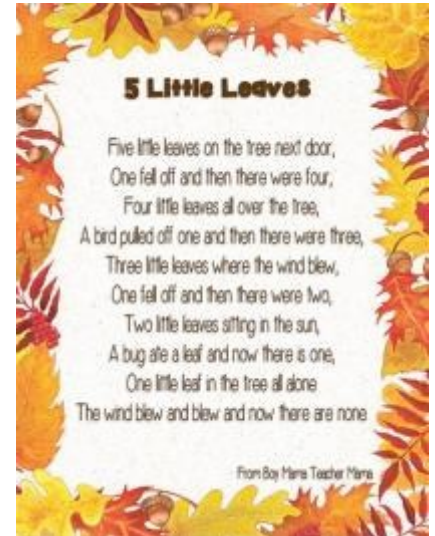
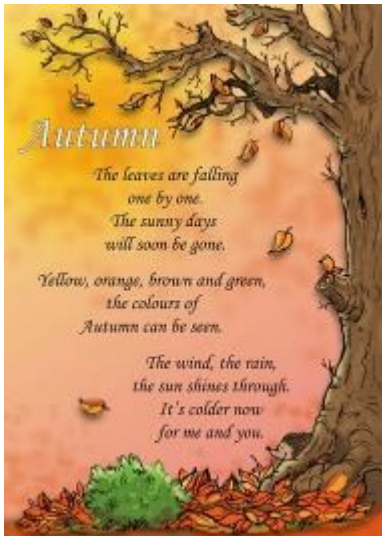


**Make soup**



**Plant spring bulbs: tulips, daffodils**





## My Autumn Sensory Poem

In the Autumn I see..

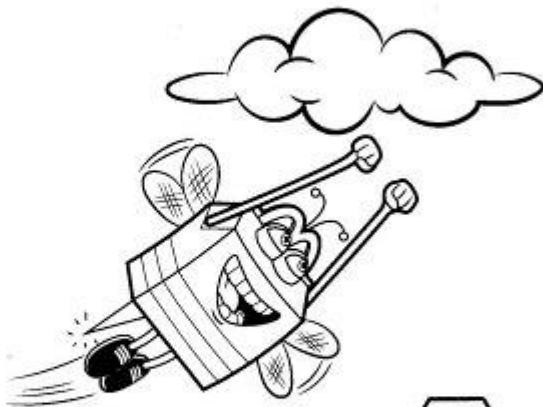
In the Autumn I hear..

In the Autumn I taste..

In the Autumn I smell..

In the Autumn I feel..

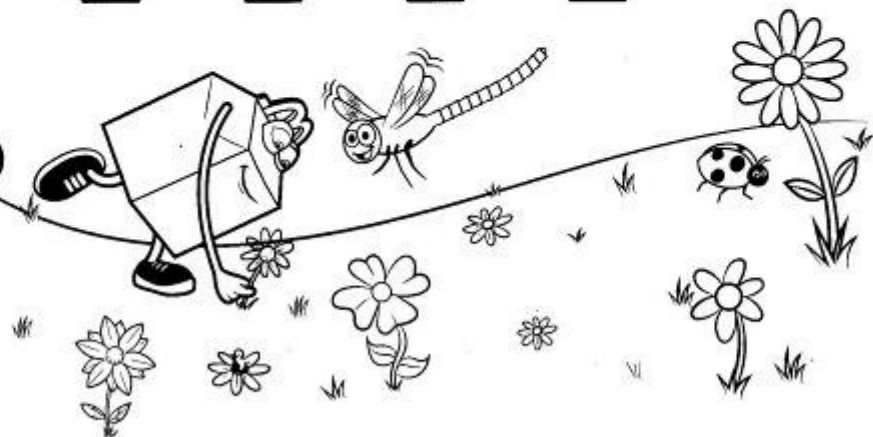
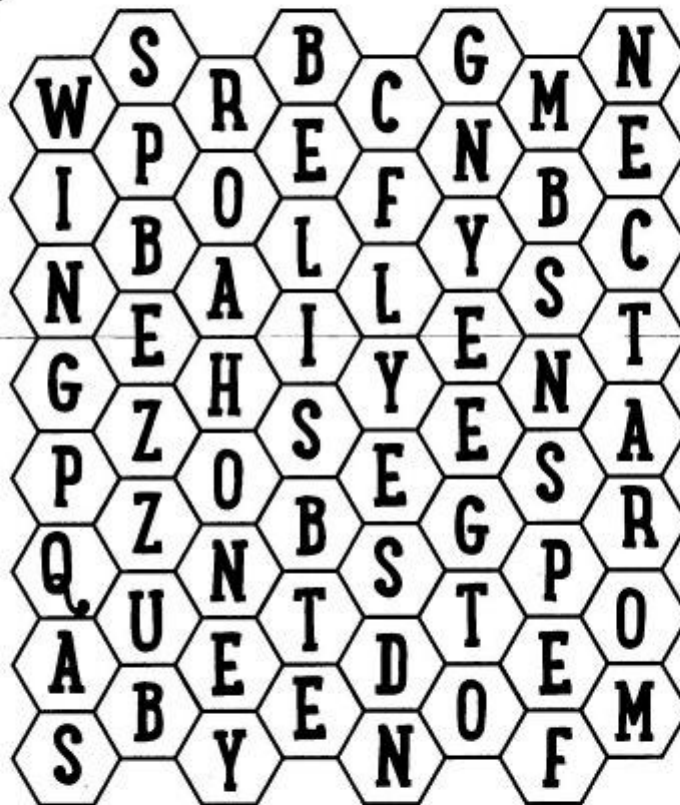




## Honeycomb word search

Look up, down and diagonally to find these hidden words:

POLLEN  
STEM  
HONEY  
WING  
BUZZ  
BEE  
FLY  
QUEEN  
NECTAR



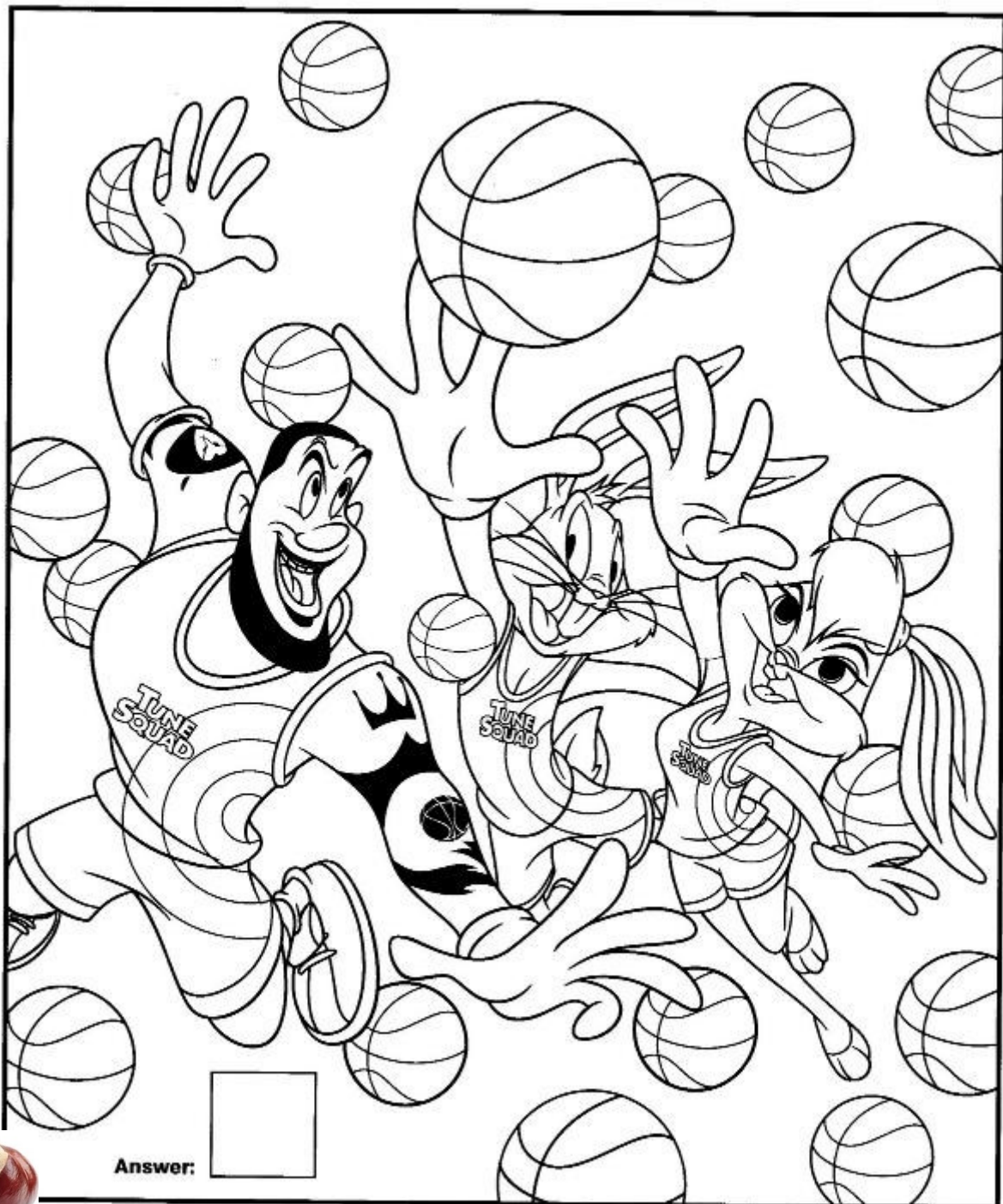


How many of each bug can  
you and your friends find?  
Colour them in as you find  
them and write the number  
in the boxes below



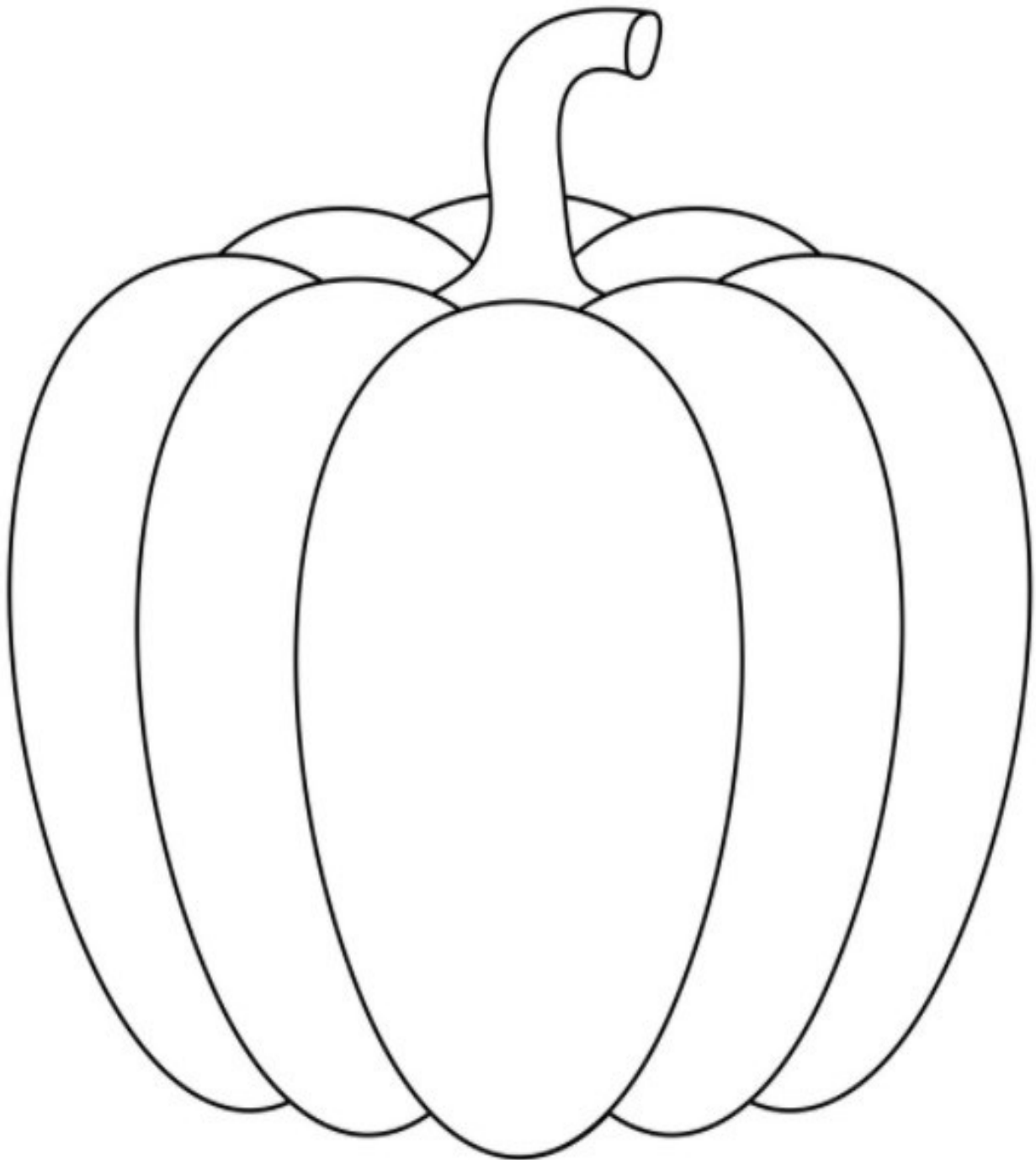


**Basketball practice got  
a little looney! How many  
basketballs can you count?**





# Fun and Games







# Fun and Games

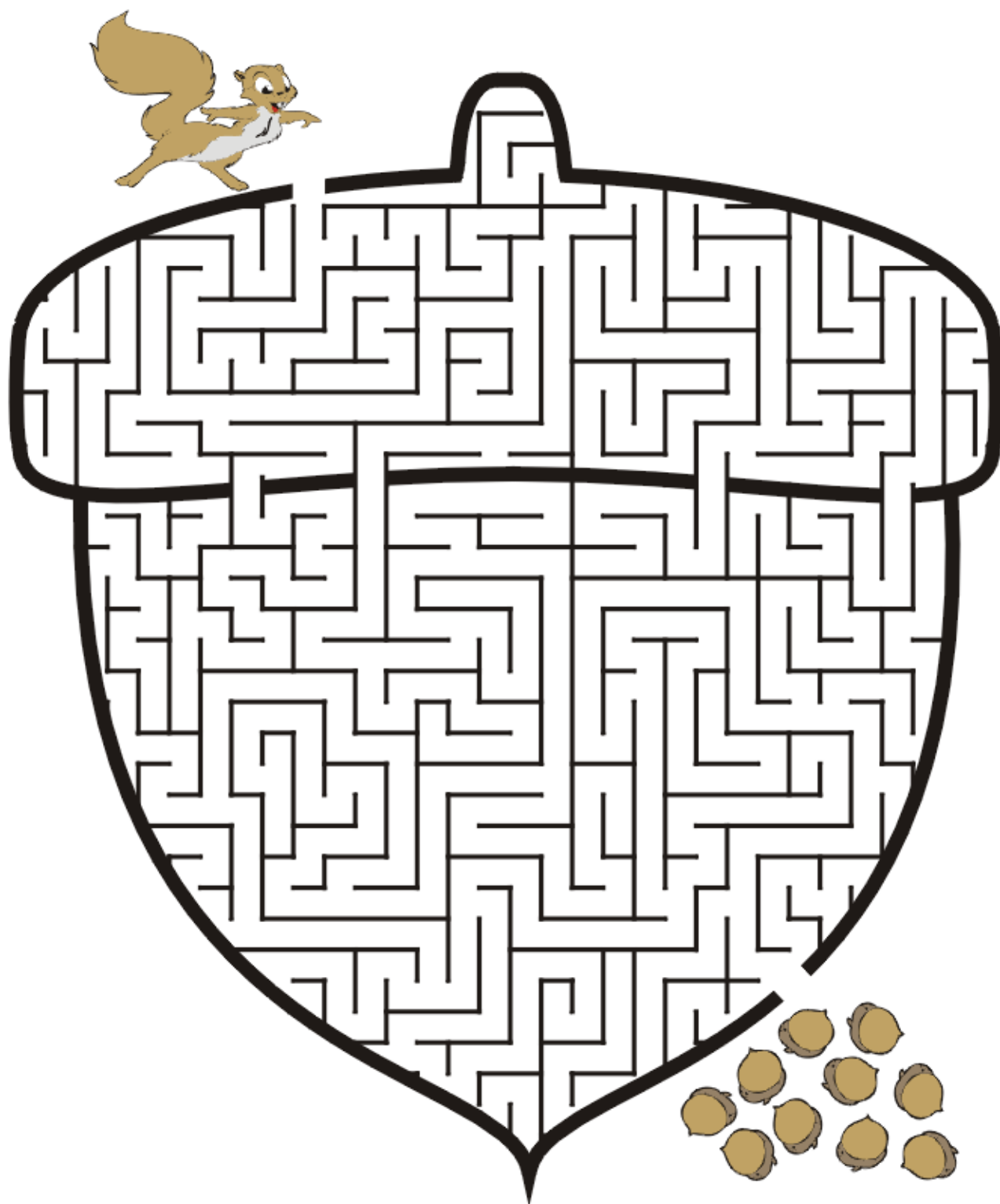




## Fun and Games

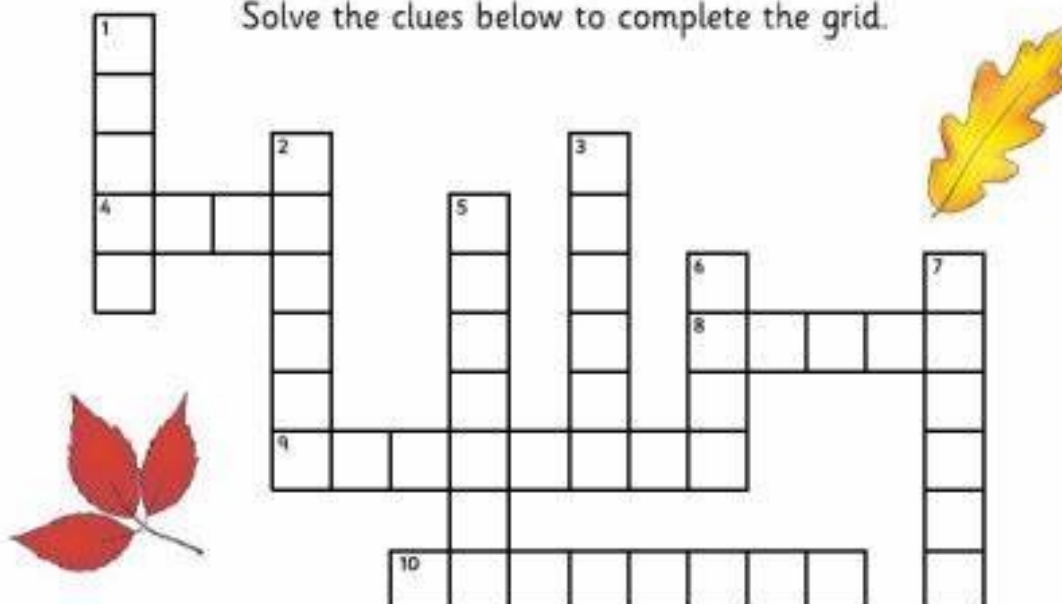


Help the squirrel through the maze to find its acorns



## Autumn Crossword

Solve the clues below to complete the grid.



### Across

4. Use one of these to tidy up fallen leaves.
8. Orchard fruit.
9. Furry animal with a bushy tail.
10. Spiky animal who can roll into a prickly ball.



### Down

1. The seeds of oak trees.
2. They fall from the trees in autumn.
3. They fall from horse chestnut trees and are fun for games.
5. You might light one of these to burn leaves and twigs.
6. Another name for autumn.
7. One of the colours you might see autumn leaves change to.





## Summer Competition winner



Julie in Flitwick with her duck painting was our winner and her painting is on the front of this edition of The Mag.



Julie in Flitwick



Julie in Flitwick



Julie in Flitwick



Julie has won an art set.





## Autumn Competition



Spot the 10 differences and colour in the picture.



Please email entries to [themag@macintyrecharity.org](mailto:themag@macintyrecharity.org)



Telephone: 01908 230100  
Email: [themag@macintyrecharity.org](mailto:themag@macintyrecharity.org)  
Registered Charity Number; 250840



<https://www.facebook.com/themagpage>



[www.macintyrecharity.org](http://www.macintyrecharity.org)

