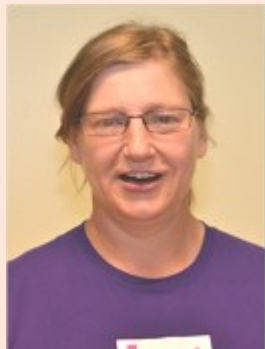






## The Mag Group



Welcome to the Winter 2021 issue of The Mag.

The Winter artwork on the front cover was created by people supported in Milton Keynes

In this edition we have an story about one of our services in Milton Keynes doing a cycle ride to raise money for a local hospital.

Also we have the two 'Go Purple' competition winners.

The Mag would like to wish all our readers a

**Merry Christmas and Happy New Year**

Thank you for sending in your stories this year



From Donald

# What's inside



**Pages 4 to 20**

**What's Happening Around MacIntyre?**



**Pages 21 to 23**

**Holidays and Day Trips**



**Page 24**

**Celebrations**



**Pages 25**

**Homes and Gardens**



**Page 26**

**Hobbies and Interests**



**Pages 27 to 37**

**Food and Drink**



**Pages 38 to 41**

**Covid Information**



**Pages 42 to 43**

**Art and Craft**



**Pages 44 to 53**

**Fun and Games**



**Pages 54 to 55**

**Competition**





MacIntyre  
Providing support...your way

## 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



This is **not** a paid job

This is a volunteer 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 do this job you must be able to

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



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

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

07919327235





# The Co Pros meeting dates 2022

## The dates of the meetings



- 18 January 2022



- 15 February 2022



- 15 March 2022





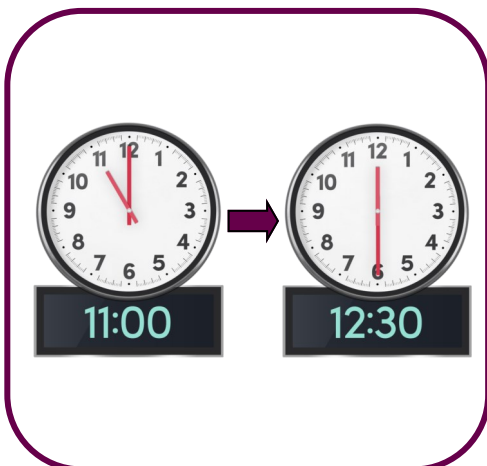
- 26 April 2022



- 24 May 2022



- 21 June 2022



The time of each meeting is 11.00 to 12.30



# What's Happening Around MacIntyre



## Mexico Day by the people in Milton Keynes



We celebrated Mexico on our culture day at our service. We decorated some "Day of the Dead" skulls and had some nachos to eat.

We also had a go at hitting the Piñata! Lots of decorations were made including spoon and egg Maracas, for some Mexican dancing.







## MacIntyre's Hampshire's new online Learning Centre By James in Hampshire

MacIntyre Hampshire are delighted to announce that they are now running a new online service: MacIntyre Online Learning Centre.

MacIntyre Online Learning Centre Hampshire will be offering a range of weekly learning and social activities on zoom. There are lots of different activities to choose from.

I am very excited to be helping to co-produce and deliver some of the sessions with MacIntyre Online Learning Centre.

I really enjoy "Giggle Drama" where we learn lots of acting skills and write short plays to perform!

I also like taking part in "Fit Club" every Friday at 11am, where we learn about health and fitness and then do an aerobic workout.

My MacIntyre Online Learning Centre has started a new band. We are called "The Magic Dragons". We are looking for new band members! We performed at The MacIntyre Online Roadshow. Did you see us?

Over the next pages there is an easy read form to guide you, if you would like to join our online learning centre.





# What's Happening Around MacIntyre



## MacIntyre Online Learning Centre Hampshire An Introduction



At MacIntyre we are happy to tell you about a new service just for you

### MacIntyre Online Learning Centre Hampshire



There will be lots of activities to do every week from Monday to Saturday  
You will do these activities on zoom

Here are some of the activities



The big quiz



Creative writing



Disco



Baking



Signing



Fit club



Made in November 2021





## What's Happening Around MacIntyre

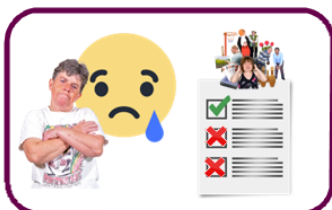


If you want to take part you will need to fill in a form to book your activities

If there are spaces you can choose as many as you want



You will also need to sign a consent form



Sometimes there will **not** be enough spaces on an activity



To start go on your computer or phone and log in to [www.macintyrecharity.org](http://www.macintyrecharity.org)



Or email us at

[Hampshire.onlinelearningcentre@macintyrecharity.org](mailto:Hampshire.onlinelearningcentre@macintyrecharity.org)





# What's Happening Around MacIntyre



## MacIntyre Online Learning Centre Hampshire Weekly Timetable

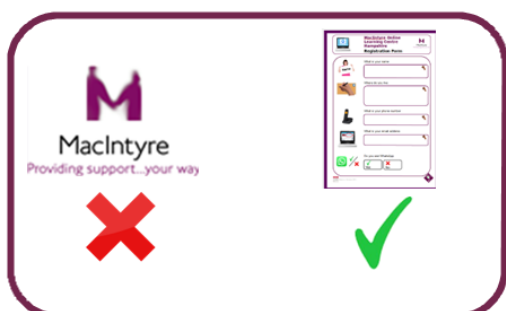


These activities will be on every week on zoom



If you are supported by MacIntyre you do **not** need to register for evening or weekend activities

You must register all other activities



If you are **not** supported by MacIntyre you must register for all the activities



Made in November 2021





# What's Happening Around MacIntyre



Monday

## Morning

### MacIntyre Monday Show



10:00



MacIntyre

Providing support your way



11:00

<https://zoom.us/j/98547804900?pwd=cDJPaGY2MkUrMjBMaXlY5STQ1bMnNqQT09>

Meeting ID: 985 4780 4900

Password: Monday

### Health and Safety Learning Together



11:00



12:00

<https://zoom.us/j/96720566718?pwd=VS9lV0szUE1kS1pqbFIEbFlmRGNKZz09>

Meeting ID: 967 2056 6718

Passcode: learn

## Afternoon

### Singalong with Nigel



1:00



2:00



<https://zoom.us/j/91056374127?pwd=QXA0NUtLWG4wT3NjQ2xVeHJVYTG1NUt09>

Meeting ID: 910 5637 4127

Passcode: sing

### MacIntyre Bake Off



2:30



3:30



<https://zoom.us/j/98779248763?pwd=ankxR05QZ2xCdnNWYThDRUNSOHZAz09>

Meeting ID: 987 7924 8763

Passcode: Bake

## Evening

### Laura's Gaming Gurus



7:00



8:00



<https://zoom.us/j/93358956605?pwd=dWUyR1NlVjBNUy9uSU10OHdoaz2NuUT09>

Meeting ID: 933 5895 6605

Passcode: game

Tuesday

### The Big MacIntyre Quiz



11:00



12:00



<https://zoom.us/j/96645597450?pwd=cmJ6bmVQYzNkNkFpFVWc3ZHpkbjBUt09>

### Giggle Drama



11:00



12:00



<https://zoom.us/j/97808890493?pwd=bFRvYVh0V09Zes9Xdz09>

Meeting ID: 978 0889 0493

Passcode: drama

### Creative Writing Club



1:00



2:00



<https://zoom.us/j/98324586078?pwd=UUxEZlVSczVpVUhtQWpYkjhkxcZz09>

Meeting ID: 983 2458 6078

Passcode: write

### Online Disco

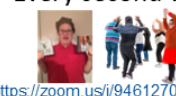
Every second week



7:00



8:00



<https://zoom.us/j/94612708690?pwd=V2MlYlRlVjBNUy9uSU10OHdoaz2NuUT09>

Meeting ID: 946 1270 8690

Passcode: disco

### Lets Talk

2nd Tuesday of month



7:00



8:00



<https://us04web.zoom.us/j/71361305722?pwd=ZWVhYVh0V09Zes9Xdz09>

Meeting ID: 713 6130 5722

Passcode: Talk

Wednesday

### Lets Talk

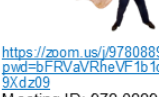
Last Wednesday of month



11:00



12:00



<https://us04web.zoom.us/j/71361305722?pwd=ZWVhYVh0V09Zes9Xdz09>

Meeting ID: 713 6130 5722

Passcode: Talk

### Fun with Numbers



1:00



2:00



<https://zoom.us/j/99890209489?pwd=eVZlTlRlVjBNUy9uSU10OHdoaz2NuUT09>

Meeting ID: 998 9020 9489

Passcode: numbers

### MacIntyre Bingo



7:00



8:00



Get a Bingo card before at <https://mfbcs.us/v/fy8uq96>

<https://us06web.zoom.us/j/95098383374?pwd=V2MlYlRlVjBNUy9uSU10OHdoaz2NuUT09>

Meeting ID: 950 9838 3374

Passcode: bingo



# What's Happening Around MacIntyre



## Thursday

### Morning

#### Lifelong Learning with Guests



<https://zoom.us/j/94098531625?pwd=bnB5QVpOSjI3YzRlUjU3krVzF0dz09>

Meeting ID: 940 9853 1625  
Passcode: guest

### Afternoon

#### Signing Together



<https://us06web.zoom.us/j/97932387301?pwd=TDA2WlE5aS9GeFhxUzRVSU82NXZlQT09>

Meeting ID: 979 3238 7301  
Passcode: sign

### Evening

#### Cairan's Autism Friendly Film

Not on the last Thursday of the month



<https://us02web.zoom.us/j/6062408023>

Meeting ID: 606 2408 023

## Friday

### Fit Club



<https://zoom.us/j/93397014079?pwd=aVdjdjEQUhaS2Y3Y0lNRER4YTA4QT09>

Meeting ID: 933 9701 4079  
Passcode: fitclub

### MacIntyre Band The Magic Dragons



<https://zoom.us/j/95432656944?pwd=L1QzdUt1YS9OcGhLcjlNjLzdXhRjNkUT09>

Meeting ID: 954 3265 6944  
Passcode: Band

### The Sui-Ling Show

1st Friday of month



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

## Saturday

### Walk at Home



<https://us04web.zoom.us/j/7268920793?pwd=Z0xwcGsxY2pXemFYVU1rNHJiZjF0dHUT09>

Meeting ID: 726 892 0793  
Passcode: 8Mqpzx





## MacIntyre Online Learning Centre Hampshire Registration Form



What is your name



Where do you live



What is your phone number



What is your email address





Do you use WhatsApp

☐

Yes

☐

No

Do you use Social Media

☐

Yes

☐

No

☐

Yes

☐

No

☐

Yes

☐

No



# What's Happening Around MacIntyre



What do you like to do for fun



Acting

☒ Yes ☐ No



Music

☒ Yes ☐ No



Cooking

☒ Yes ☐ No



Theatre or Cinema

☒ Yes ☐ No



Dancing

☒ Yes ☐ No



Gardening

☒ Yes ☐ No



Art

☒ Yes ☐ No



Games

☒ Yes ☐ No



Bowling

☒ Yes ☐ No



Sport

☒ Yes ☐ No



Singing

☒ Yes ☐ No



Computer games

☒ Yes ☐ No

Is there anything else you like to do for fun







## What's Happening Around MacIntyre



### 10 miles for Milton Keynes Hospital By Paul and Steve at Milton Keynes

In the autumn issue of The Mag we told you about a cycle ride we did to raise money for Milton Keynes Hospital.

People supported and staff in Milton Keynes have completed a sponsored 10-mile cycling challenge for Milton Keynes Hospital's Learning Disability Team, raising over £1,000.

After the issues of Covid in 2020 and the number of people in hospital getting higher our service and the people we support wanted to make a difference.



Julie, a Senior Practitioner at MacIntyre said:

"We really felt for the people going into hospital alone, without being with their loved ones. We talk about this and Paul and Steve, who we support, said they would like to do something to help to bring them some comfort."

Julie then said "We wanted to raise money and help the learning disability team at the Milton Keynes Hospital.

What started as a group walking exercise within the people we support bubble group, quickly turned into group bike rides, a strong suit for both Paul and Steve's skills.



## What's Happening Around MacIntyre



### 10 miles for Milton Keynes Hospital By Paul and Steve at Milton Keynes (Continued)



On 22 July the group did their 10-mile cycle ride, completing a circular route starting and finishing at Great Holm in Milton Keynes'.

Steve said "Wow, we raised lots of money to help people. We did it!"



Above is a photo of us with the big cheque





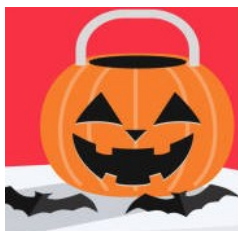
## Halloween fun by everyone at Oxford Learning Centre



It was the start of Halloween fun at the Learning Centre, lots of crafting and spooky music playing. 🎃👻🐱 We made some spooky shaving foam sensory play. Louis loves sensory sessions.

Thank you to Jackie, Louise, Attila and Grace (our Staff) for helping us with the activities. 🐱🎃👻.





## Halloween Disco by Launchpad group in Eastleigh



We with the help of our fabulous staff at our Launchpad Group had a lovely Halloween party.

We spent much time busily preparing, so all was ready for our Halloween party on the day.

In the end it turned out to be a spooktacular evening. 🎃 🧛







## Holidays and Day Trips



### My overnight stay in Chester by Sarah-Jane in Oswestry



I went to Chester for an overnight stay in a beautiful hotel. I went swimming, I used the sauna and Jacuzzi and had some amazing food. 😊

I went on the canal boat, a bus tour, done some shopping and visited Blue Planet Aquarium. 🐟

I had a great time. 😊 😊





## Holidays and Day Trips



### Our Day Trip to Great Yarmouth Seaside from Bedfordshire



We went for a lovely day out in Great Yarmouth, with our staff. We ate loads and loads of fish and chips, as it was smashing. You can't beat eating chips by the sea, it always tastes better.

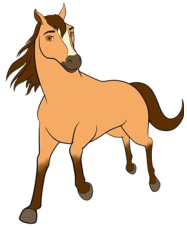
We went alongside the beach and it was nice. We ate lots of ice-cream and sweets. It was a long enjoyable day for us and our staff.



Grelly's Fish and Chips







### Our visit to see the Wild Ponies from Milton Keynes



We visited the Wild Konik ponies at the Floodplain Forest Nature Reserve in Old Wolverton. We saw four ponies.

They were in a very wet grass. They eat reeds and grass. They are a light grey colour. We enjoyed watching them from the viewing hide.





## Celebrations



### My 70th Birthday By Sylvia In Warrington



I had a big party planned, but due to the pandemic I had to cancel it. I was quite sad about this, but my staff team came up with a great idea of a pyjama party at home instead. We had balloons, food, karaoke, games and dancing. I had an Elvis cake for my birthday.





# Home and Garden



Our indoor garden  
By Jay and Tom in Milton Keynes



This is us working on our indoor garden. I hope you all like it. We made it at the Learning Centre.







## Hobbies and Interests

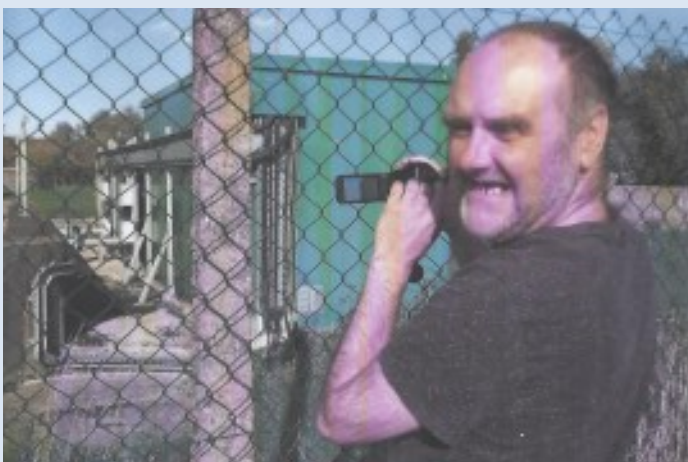


### My Favourite place By Michael in Bedfordshire



In 2020/21 I found a new hobby, which was learning about Marston Moretaine Sewage Works. It is my new favourite place and I like going there to film it. I like the sound when the blower is working, it cleans all the dirty water. To get to the works I have to ride my bike and I have to keep myself safe.

Here is a picture I have drawn of the works, the two photos are of me.





## Food and Drink



### Christmas Starter

#### Baked mushrooms and festive cheese



To make baked mushrooms and festive cheese you will need



- 500 grams of large flat mushrooms



- 125 grams of spinach



- 1 tablespoon of Nutmeg



- 180 grams of wensleydale cranberry cheese





## Food and Drink



- Cranberry sauce



- Salad



- Pan



- Knife



- Baking tray



- Colander





## Food and Drink



Put the oven on at 170c or  
gas mark 3



Cut out the stalks of the  
mushrooms



Put the mushrooms on the baking  
tray cup side up



Fill your pan with water and heat  
until the water is boiling



Add your spinach to the pan for 2  
minutes



Then drain the spinach



## Food and Drink



Mix together the spinach and one table spoon of nutmeg



Put some spinach onto each mushroom



Break the cheese on top of the spinach and mushrooms



Add half a tablespoon of cranberry sauce on top of each mushroom



Put them in the oven for 15 minutes



Put the mushrooms on a plate with some salad  
And enjoy





## Christmas Main

### Festive Puff Pizza



To make festive puff pizzas you will need

- Baking tray



- Christmas tree cookie cutter



- 1 tablespoon of cream cheese  
This needs to be a big scoop



- 1 tablespoon of pesto  
This needs to be a big scoop





## Food and Drink



- 3 cherry tomatoes



- Fresh basil



- 100g of grated cheese



- 1 sheet of ready made puff pastry



Put the oven on at 180c or  
gas mark 4



Carefully unroll the pastry sheet



## Food and Drink



Cut 3 tree shapes out of the pastry



Put the tree shapes on a baking tray



Use a fork to prick the trees



Mix together the cream cheese and the pesto



Spread the mixture on the trees



## Food and Drink



Cut each tomato into three slices then put three slices on each tree



Put some basil on top



Sprinkle with cheese



Put into the oven for 15 to 20 minutes



Enjoy the Festive Puff Pizza





## Christmas Dessert

### Orange Trifle



To make orange trifle you will need



- Large glass bowl



- 5 sponge fingers



- 300 gram tin of mandarins



- 1 pack of orange jelly







## Food and Drink



- 500 grams custard



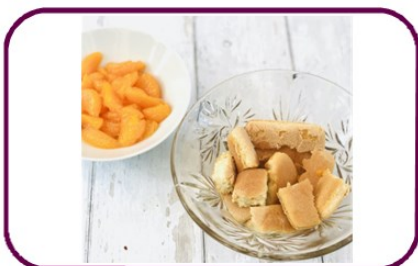
- 300ml of whipped cream



- 2 chocolate flakes



Put the sponges in the bowl



Tip the juice from the mandarins onto the sponge fingers so they are wet



Add the mandarins and stir together with the sponge fingers



## Food and Drink



Make the orange jelly from the instructions on the packet



Pour the jelly on top of the sponges



Put in the fridge for several hours until it has set



Take it out the fridge and pour the custard on top of the jelly



Put the whipped cream on the top of the custard



Crumble the flakes on the top

Enjoy



## How to wear a mask safely







**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 🎵



## Corona virus Information



**Wear a mask**



HM Government

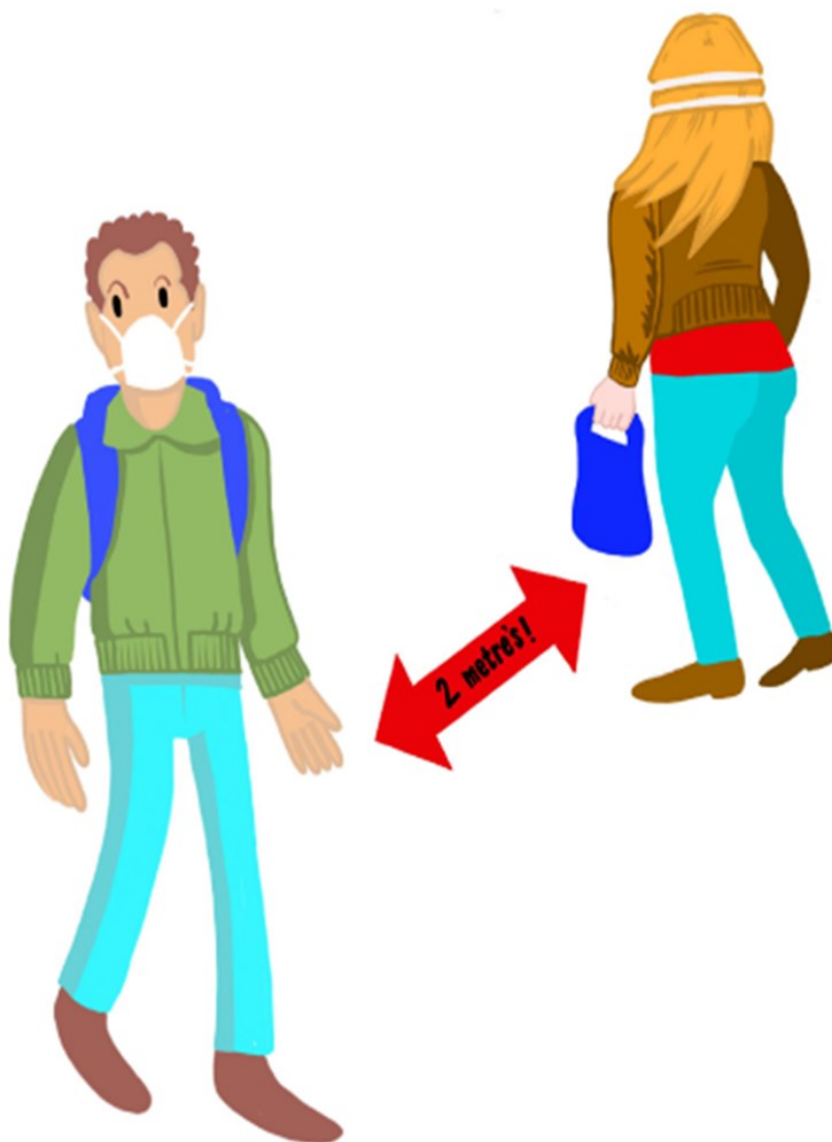


**I WEAR MINE  
TO PROTECT YOU  
PLEASE WEAR YOURS  
TO PROTECT ME**





## Social distancing



Social distancing means keeping extra space between myself and other people





## Nature Artwork from Milton Keynes

We went out walking and got some leaves and sticks to make some animal designs. We made designs which looked like butterflies, birds and even a cat.

The leaves had to dry before we could make things with them.





## Art and Craft



### Our all about us tree from Milton Keynes

We made a tree design all about us. We had picked the leaves from outside and we painted some leaves.

We each made some of our own leaves, with our pictures on them. They were about us, we added some of our favourite things to them, so new people know a little about us.

To make it more colourful and real, we added little things like pictures of animals to the tree. It is really big and colourful.







# Fun and Games



## Fun Winter Activities

**Make picture baubles**



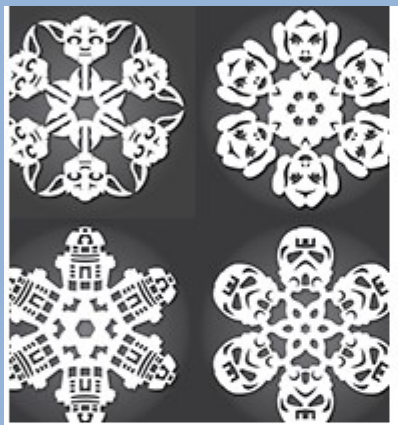
**Make marshmallow snowmen for your Hot Chocolate**



**Make Icicles**



**Make Polar bears**



**Cut out snowflakes from paper**



**Build a snowman**



**Play Games**



**Make snow angels**



**Make a bird feeder**





# WINTER'S COMING !

FIND THE WORDS AND THE MYSTERY MESSAGE



13

1

2

3

4

5

18

6

7

8

9

20

1

1

1

13

1

1

1

1

1

1

2

21

2

10

6

9

19

8

11

7

4

3

14

16

17

5

12

15

1

2

17







# *Winter* WORD SCRAMBLE

WSNO

\_\_\_\_\_

TNIEWR

\_\_\_\_\_

CEI

\_\_\_\_\_

IEDLDSGN

\_\_\_\_\_

FRZENO

\_\_\_\_\_

OFTSR

\_\_\_\_\_

ICE SAINGTK

\_\_\_\_\_

WNDI

\_\_\_\_\_

OSWN ABLL

\_\_\_\_\_

LODC

\_\_\_\_\_

OHT OACOC

\_\_\_\_\_

CAEPLIFRE

\_\_\_\_\_

WAOMNNS

\_\_\_\_\_

OFKLEWNAS

\_\_\_\_\_

OVSSEL

\_\_\_\_\_

ATH

\_\_\_\_\_





# Winter Word Search

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



chilly  
fireplace  
frost  
hibernate  
hot chocolate  
migrate

penguin  
polar bear  
snowflake  
snowman  
white  
winter





# Fun and Games

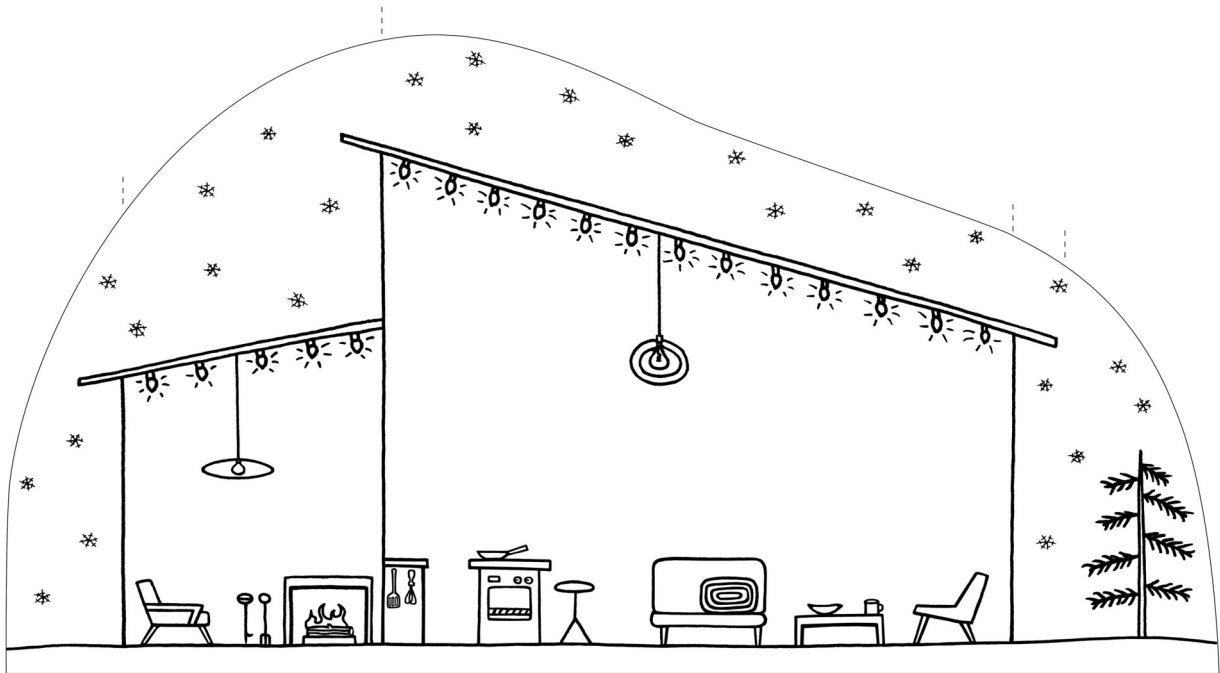


Go to this link to print off the pictures in A4

<https://madebyjoel.com/>

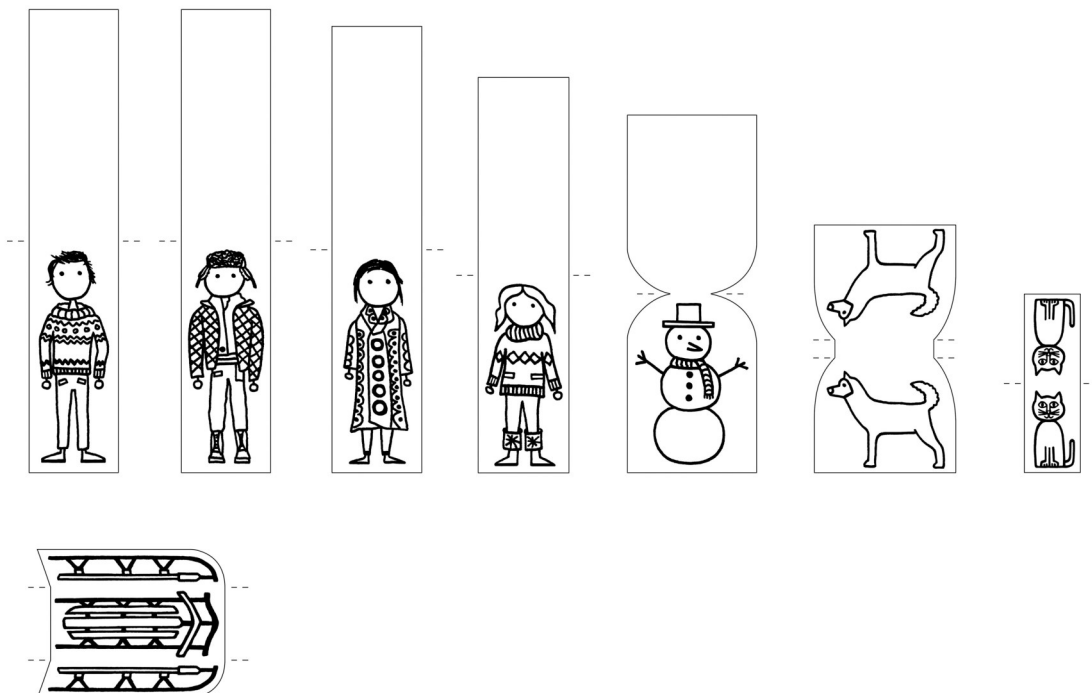
made by joel  WINTER HOUSE SCENE

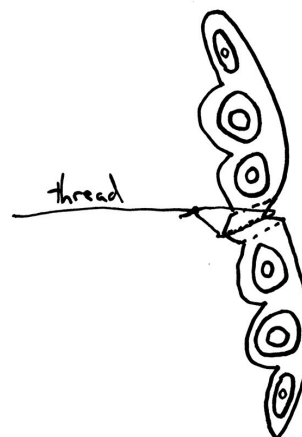
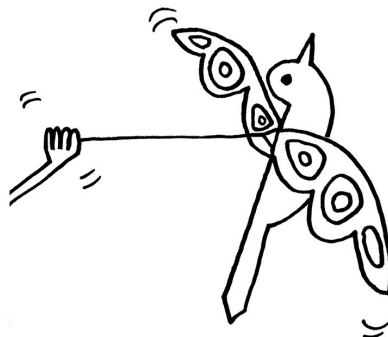
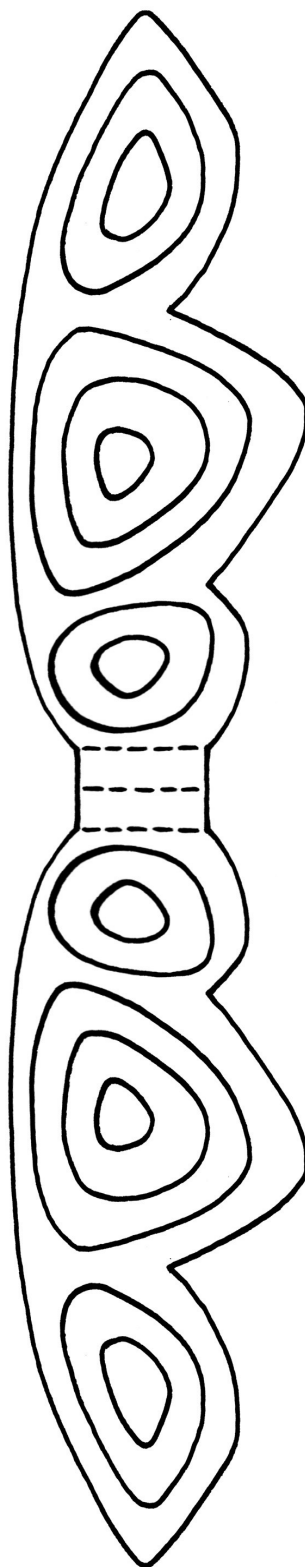
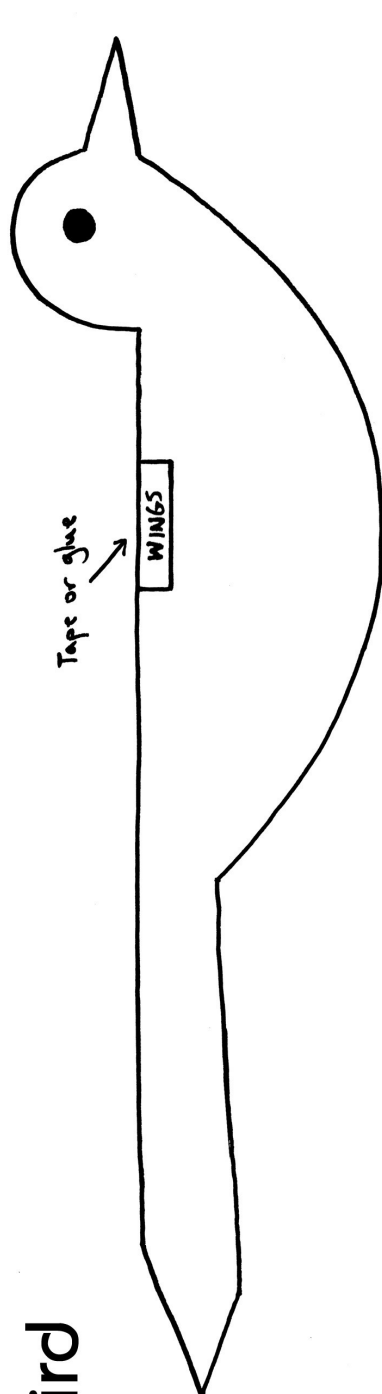
fold ----  
cut ———



made by joel  WINTER HOUSE SCENE

fold ----  
cut ———

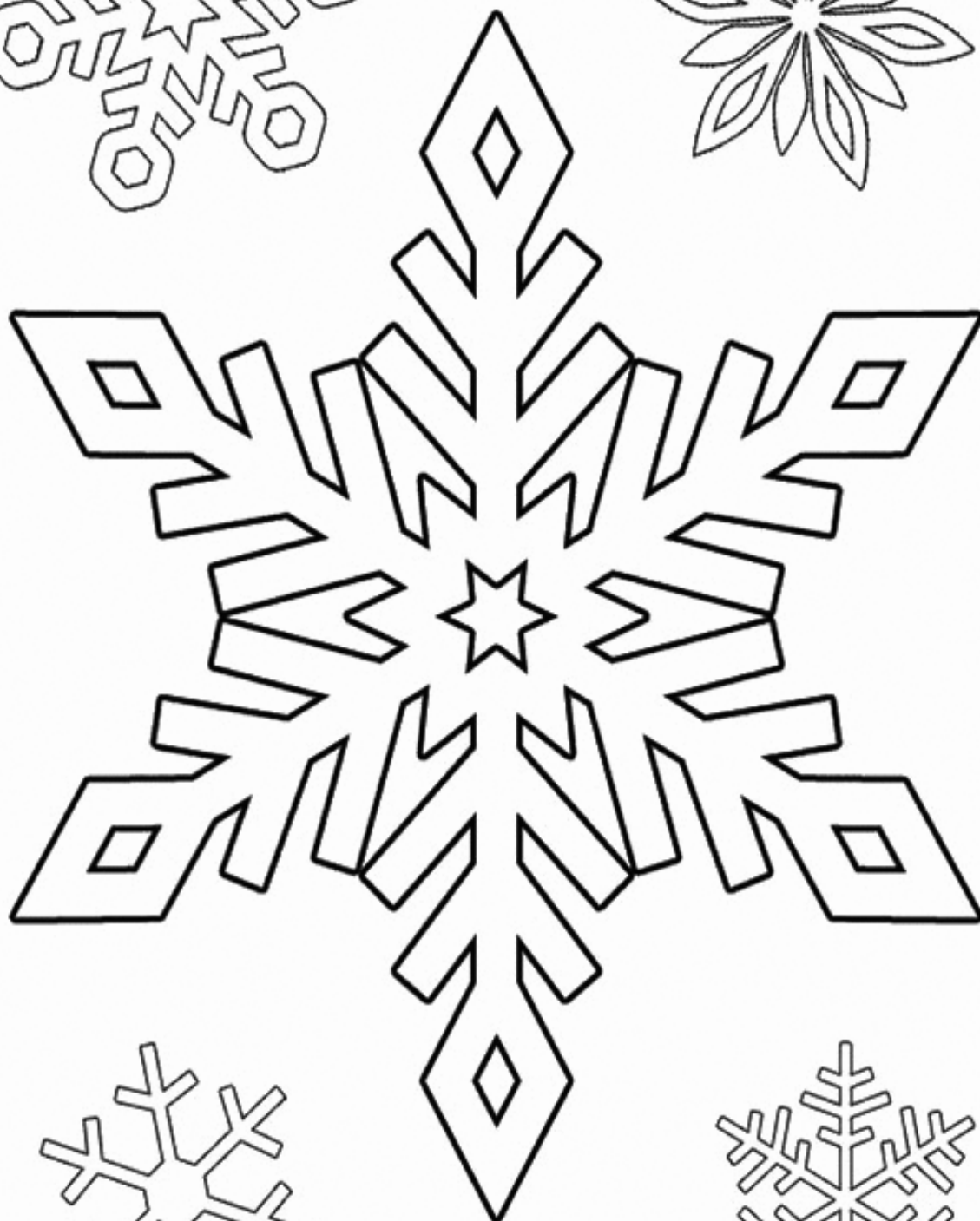




1. Color your bird and wings.
2. Cut bird and wings out with scissors.
3. Fold wings, then tie on piece of thread.
4. Tape or glue wings onto bird.
5. Start Flapping!



# Fun and Games





# FUN IN THE SNOW



Look carefully. Some things are hidden in plain sight!  
Can you find 5 carrots, 1 apple, 2 candy canes, 1 golf club,  
2 pipes, 2 baseballs, 1 broom, 1 banana, 1 lollipop.

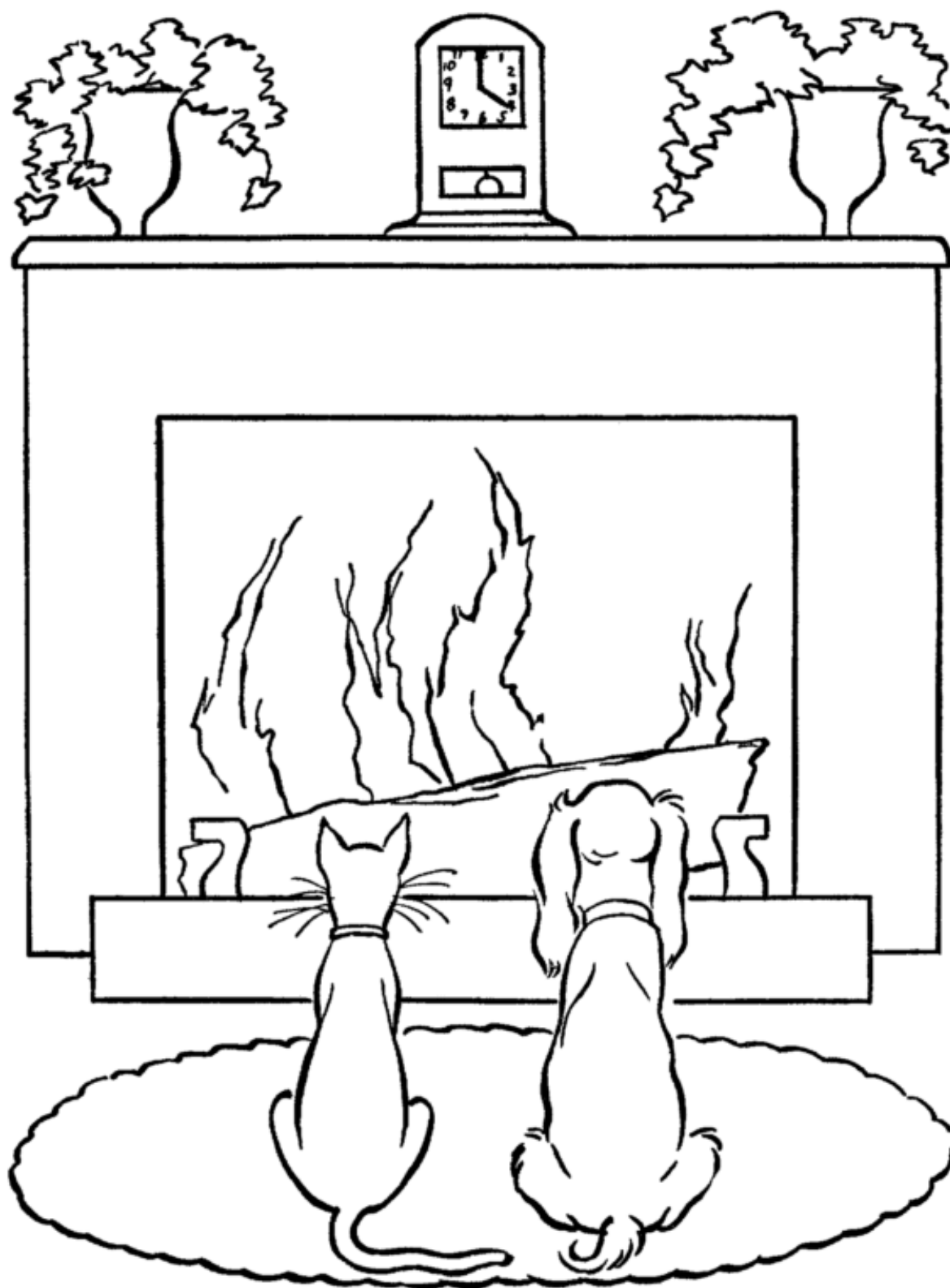


# Fun and Games





# Fun and Games







# Stay at Home Roadshow



## Winners



### Christmas Hat

Nicole – Ampthill



### Quiz - Music, Film and Book

Monro's Milton Keynes



### Best Fancy Dress

Gemma – Ponciau



### Scavenger Hunt

Ann - Hampshire



### Quiz – What animal is that

Ami – Warrington



### Roadshow Teddy

Rebecca - Milton Keynes



### Bingo

Line - Jess—Warrington  
Ann - Hampshire  
Full House - Gemma – Ponciau  
Karen - Batchley



### Family Fortunes

Jess -Redditch

### Best Roadshow supporter

Colin – Warrington



## Winter Competition



For the winter competition 'The Mag' would like you to send in to us your artwork of a tree it can be any type of tree. The winning tree will go on The Mag front cover.



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



MacIntyre

Providing support...your way



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)