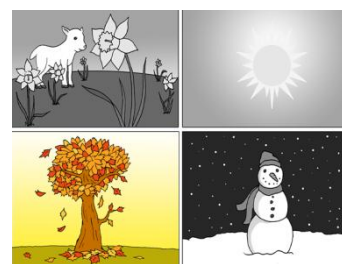




The Mag



↑
Autumn 2018



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



The Mag Group



Anthony Tull



Mary Hughes



Sharon Pratt



Sui-Ling Tang



Emma Killick



Donald Delmohamed



Welcome to The Autumn issue of The Mag.

In this edition we have a story about funding for a bowling ball on page **20** and on page **21** you will find details of how you can apply for funding from 'The Staff Council Fund'.



Thanks goes to Joshua from Wingrave who sent us the lovely artwork for our Autumn front cover. More art can be found on page **34**.

I hope everyone likes reading this edition. Please remember to enter our Autumn Colouring Competition on page **35**.

From The Editor Sharon.



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Winter Scene Colouring Competition

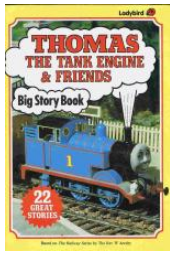


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Competition Winners



Holidays and Day Trips



A Village Day Out By Suki in Leicester



I love getting out and about. I recently visited Evington Village in Leicestershire which is close to where I live. The village had a fete and I headed there on the bus.

First I went to Evington Park. One of my favourite things is to play on the swings, this park is a great place for swings. I thoroughly enjoyed some fun time as I went soaring high in the sky on the swing.



After the swings, I explored the beautiful scenery. We went for a walk in the sun and I really enjoyed looking at Evington House an historic building in the centre of the park.

Something else I love to do is read books. Evington has a library in the village centre, so I headed there next. They had a Thomas the Tank Engine book which is my absolute favourite type of book to read.





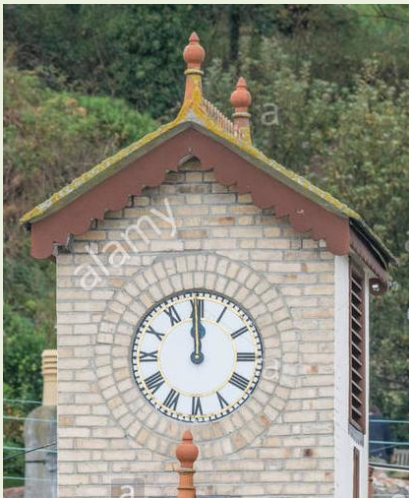
Holidays and Day Trips



A Village Day Out (continued)



At 12 o'clock it was time for the fete. There were lots of bright decorations around and it was lovely and sunny. I enjoyed looking at all the different stalls that the local people had put on.



Evington Village *fete*



Outside there was a bus stop for an old special vintage bus. It was very exciting to see the old bus. I got on a different bus to head back for lunch. It was a lovely way to see a new community.





Holidays and Day Trips



Weston-super-Mare day trip by all at Batchley in Redditch



Val one of our support staff did a sponsored slim, with the money she raised a group of us went on a day out to Weston Super Mare. We hired a coach so we could all travel together. We all wore our Macintyre T-Shirts so everyone knew Macintyre were in town.



Even though the weather wasn't that great we managed to go on the beach and dip our toes in the sea. For Gill this was the first time she had ever been in the sea. We went on the pier and played in the arcade.



Of course we had to have fish and chips and Sam had the biggest piece of fish ever and he still ate it.



We all had a great time and looking forward to our next trip out.

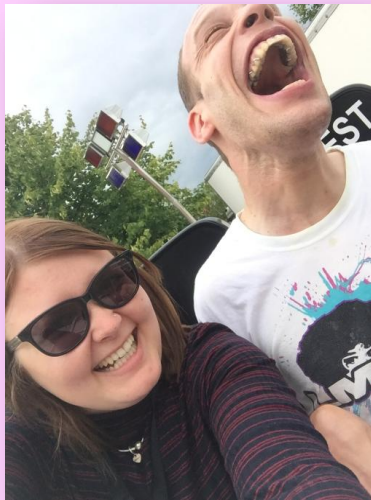




Our Time out at the fair by at Holmewood in Derbyshire



The people we support and staff enjoyed an afternoon out at the local fair and we went on all the rides and enjoyed spinning around really fast, however some of us ended up very dizzy and felt a little sick.



We also really enjoyed the bumper cars. We laughed and screamed all afternoon.



We finished our time out with hotdogs, burgers and sugared donuts and headed back.





Boston Holiday by Keith in Leicester



The fun started before we got to Boston. On the way there we stopped at lovely Skegness and we had a drink and I had doughnuts and an ice-cream which were very yummy in my tummy.



We arrived at our cottage our 5pm and I felt right at home. I had a living room-diner which meant I had a huge space where I could play. That same evening we went to the local supermarket and when we got back I had some cake with custard for supper.



I was able to have a sleep in each morning before I went to the seaside, mind you we had a few different beaches in the area. First we drove through Mablethorpe and went to Cleethorpes. I liked Skegness the most because it had a funfair.



Skegness pier



We went to see a seal sanctuary saw the seals and we visited other creatures like the meerkats, crocodiles and the exotic butterflies. All the creatures we saw were beautiful.





Boston Holiday (continued)



We had the most fun at the funfair in Skegness. I went on so many different rides but I mainly enjoyed the pirate's ship and I was holding on to my staff for dear life, the ride was scary. 😊

The highlight of the week was on the last day when we went to Fantasy Island which was the perfect ending to a great time away.





My Holiday to The Lake District By Tim from Blacon in Chester



In September I went with Ruth my Support worker to The Calvert Trust in the Lake District run together with The National Trust. This was a holiday with lots of activities all weekend.



In the morning after breakfast we went for a walk around Derwent Water with the others in the group.



I then had a walk with the group around The Brandelhow Estate and we sat in the Entrust Hands. The hands are a wooden sculpture of cupped hands which commemorates the centenary of the National Trust's first ever land purchase in the Lake District, 108 acres of the Brandlehow estate.



My Holiday to The Lake District (Continued)



After lunch at the lodge I tried out the adapted bikes. Ruth and I had fun on the bikes we cycled for an hour. We went around the lodge twice. This was great fun and we spent time chatting as we rode.



The next day it was canoeing at Bassenthwaite Lake. I shared a canoe with Ruth and Kirsty. We had a race against the other canoes. We then went out onto the lake and played a game called 'Mall Balls' which is played by seeing how many balls we could throw into the speed boat. At the end of the morning we threw footballs at each other in the water. I went on a zip wire after lunch. And at the end of my holiday I got a certificate, I loved my holiday.



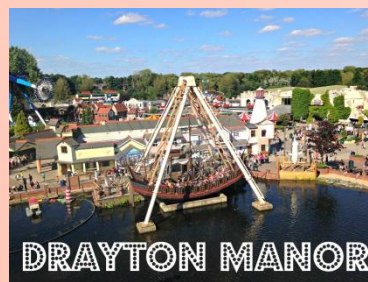
Celebrations



My Birthday by Laura in Leicester

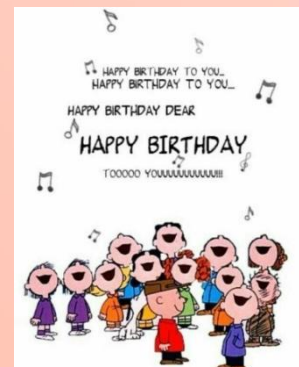


I started my birthday with all my support workers singing 'Happy Birthday' to me. I opened my presents and then got ready for the day. I was so excited because we were going to Drayton Manor Park. We took a couple of birthday pictures and off we went.



The car ride was really relaxing, but I got really excited when I saw the Drayton Manor sign.

We went on so many rides such as the boats, the buffalo and the runaway train in Thomas Land. My favourite ride was the bumper cars.



Before we left I bought some sweets from the shop. I had so much fun that I even had a nap in the car on the way back. I can't wait to go again.





Celebrations



Circus Time by Tina in Derbyshire



One Saturday we went to the circus. The Circus people kindly gave my service 30 free tickets.



It was also my birthday so we popped out for a quick drink afterwards. It was such a good day and we didn't stop laughing.

Nat gave it big thumbs up and said he liked it. Whilst Rob wants to create a new activity at our service called 'Knife throwing'. My staff at our service said 'Somehow we don't think there's a risk assessment form big enough for that activity.' 😊 😊



Knife throwing was done by properly trained circus people and shouldn't be done anywhere. But we all enjoyed ourselves.

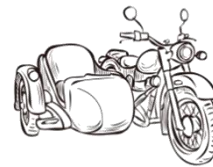




Celebrations



A Visit from my big brother By Rosemary in Birkenhead



I had a very important visitor. My brother Neil who I haven't seen for 40 years came to visit me from XXXXX with his wife Elizabeth, and their son E.J. Also other members of my family who I've not seen in years came to visit me. My family said to me how beautiful my home was and said that I looked happy and well.



The staff that support me at MacIntyre found out lots of new things about my past. I was born in Walton hospital and lived in Aintree, Liverpool they then moved to Ormskirk and later on moved to the outskirts of Chester.



My brother told us all that I enjoyed riding in the sidecar of my Dad's motorbike with my brother beside me and going on holidays to my uncle's farm in Stafford and I loved being around all the farm animals.

My brother thanked all the staff at MacIntyre. He said he would send me lots of my mother's keepsakes from when I was growing up. What a lovely time I had.





I celebrated my Birthday By Christine Nash in Redditch



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

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

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

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

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





Our Milton Keynes Dons Season Tickets By Keith and Graham in Milton Keynes



It was the first game of the season and we were both very excited, we were playing Bury in League 2 which is lowest division of the football League.

When we got to the MK Dons Stadium we went in up in the lift to the second floor and went into the restaurant. We both ordered a pint each of Guinness and we had lunch which was soup for starters, scampi and chips for main and then cheese cake for dessert. It was very nice.



Before Kick-off we were taken to the side of the pitch where we met some of the of players and then we were taken to the centre of the football ground for a photo. We were so happy that day as MK won 1-0.





Trying out new actives by Andrew in Derbyshire

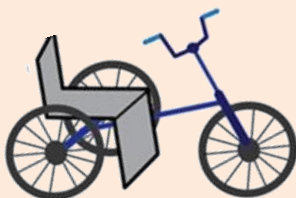


This is me with my support worker Wes. We went to Derby Arena and tried lots of new activities. I have even been trying out the adapted bike.



I had such a good time and I want to try the bikes again. We also tried seated volleyball and some football which I loved.

Derby County Football Club is coming to have some sessions with us soon, we can't wait.





Our Day of Tennis by Paul and Laurence in Leicestershire



On Tuesday 12th June two of us, along with our staff Jess and Steve, went along for the day to watch 'The Nature Valley Snack Bar Tennis Open Championships'.



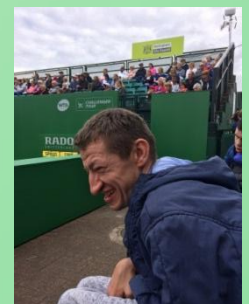
We set off all excited and drove to the Nottingham Tennis Centre which is 45 minutes up the M1 motorway.

The NORTH. Nottingham, Derby M1

Parking was easy and accessible. The tennis staff at the gates were friendly and the weather was hot. We were sat down by the courtside which made it perfect to watch the matches.

We are both love sports and especially tennis. We saw three full matches, which were:-

1. Cameron Norrie (Great Britain) vs. Tatsuma Ito (Japan)
2. Ashleigh Barty (Australia) vs. Stefanie Voegele (Switzerland)
3. James Ward (Great Britain) vs. Tobias Simon (Germany)

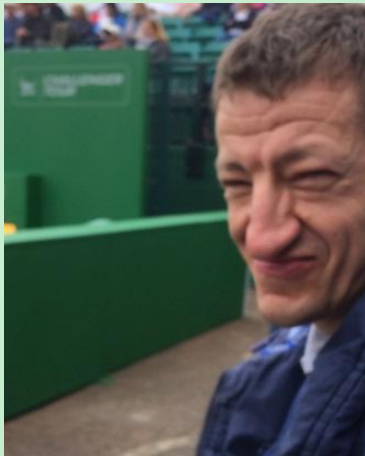




Our Day of Tennis (continued)



The tennis was incredible. The crowd cheered and even more so when the men from Great Britain were playing, the matches were fab.



As we were leaving we saw that the National Wheelchair Championship was taking place soon, so we right away booked our tickets to watch the wheelchair tennis.





My new bowling ball funded from 'The MacIntyre Staff Council' By Adam from Derbyshire



I say (((YEAHHHH))) every time I go bowling because the MacIntyre Staff Council gave me funding so that I can buy a new bowling ball with a handle. I used to struggle to grip ordinary bowling balls.



My staff Kirsty and Wes applied to the Staff Council and we got the money.

I have been getting more strikes and with my new ball and it's attracted interest from the professional bowlers who challenged us to a game.



I would like to say thank you to the Staff Council, I now enjoy going out bowling.

For how to apply for funding from the Staff Council, go to page 21.



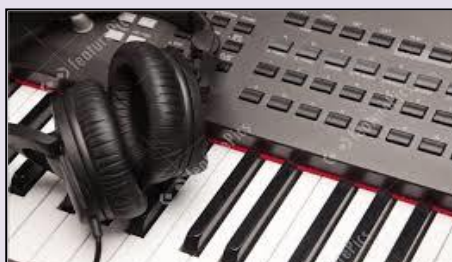


Staff Council Award Fund

Got a project?

No money?

Maybe we could help?

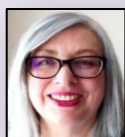


The annual Staff Council Award Fund is available for a bright or unusual idea that would not normally be met from the service budget. We have £10,000 available each financial year to distribute. Sometimes we'll make an award in combination with your own fundraising efforts.

Requests can be large or small but must be for something with a lasting benefit. Recent examples include:

- Refurbishing a Therapy Zone
- Buying yoga mats
- Garden shed and equipment for starting a fruit and vegetable garden
- Buying an adapted bowling ball
- Music equipment
- Redesign and build a beach area in an existing sensory garden

For more help and advice about applying for funding from the Staff Council Award Fund' contact:-



Tess Marshall, Staff Council Chair



01908 230100



tess.marshall@macintyrecharity.org



What's Happening Around MacIntyre



Macfest

By



Archie



From Wingrave



I

was on



the tractor



helping



tony

it was



good.



I

was helping



to



put up

the



tent



for macfest



at macfest I sang 3 songs.



My



favourite

was



wonderwall by oasis





Goodbye Chris by all supported at one of services in Chester

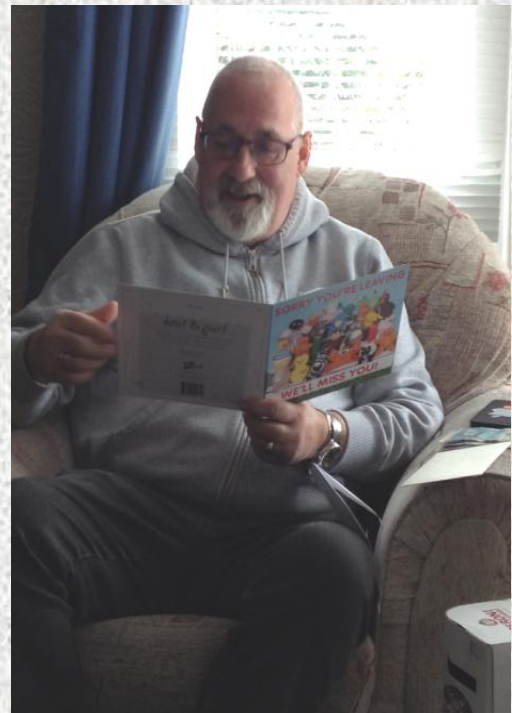


HAPPY RETIREMENT

All of us who are supported by Darley Cottage would like to wish Chris (staff) a happy and fun retirement.



Chris has been supporting us at MacIntyre for 15 years we are not only losing a valued member of staff who has contributed in changing lives but he was also our Handyman. So it's 'Good Luck' from all at Darley Cottage. ☹️

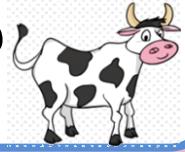


BYE BYE





Lambing By The Nature Discovery Group in Milton Keynes



The Nature Discovery Group visited Home Farm in Castlethorpe near Milton Keynes. It's a working farm and the farmers name is Luke. We were given a tour by Nicky and Lynn who work for the MK Parks Trust.



The first thing we were shown was a weighing machine where all the waste from Milton Keynes green bins gets taken to be weighed and turned into compost after boiling.

We then saw lots of French mix breed bullocks. They were very friendly and eating lots of hay and were all different colours. We went into the sheep barn and saw lots of pregnant sheep in pens.



We saw one sheep in labour trying to push the lamb out. We saw the legs came out first and after a few minutes the rest of the lamb was born. The lamb was tiny and its mum licked him clean.





Lambing (continued)



The lamb's legs were wobbly but it managed to stand up after a little while and walk around. The sheep started crouching down and pushing again and another baby lamb was born.



On the other side of the barn we saw some hand-reared lambs. We were able to hold and cuddle them and they were very friendly. After the visit we made sure we washed our hands so we didn't spread any germs.



Robin scored 10/10 - enjoyed the sheep.

Charlotte scored 9/10 - amazing, loved the sheep.

Barry scored 9/10 - very good, loved babies.

James scored 11/10 - great watching the sheep having a baby.

For our farm day it was





Milton Keynes walks for Memory Café in Milton Keynes By Mary in Milton Keynes



On Sunday 7th October 2018 I did a 'Memories and Miles Walk'. I walked one mile around the lake at Great Holm. I did it with my Keyworker Debbie.

I took part with everyone in a dance warm up at the start of the walk. Then afterwards we all walked around the lake together.

After we finished the walk we each got a goodie bag, t-shirt and medal, but most important thing was we were all raising money for 'The Memory Café' at Great Holm which is for people with dementia.

before we walked

I liked it because it keeps me fit. Best of all I loved the music I was dancing to.

This me dancing to warm-up before we walked.



This is my medal,
everyone got one too





Hobbies and Interests



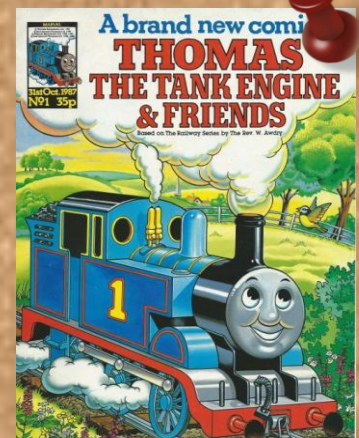
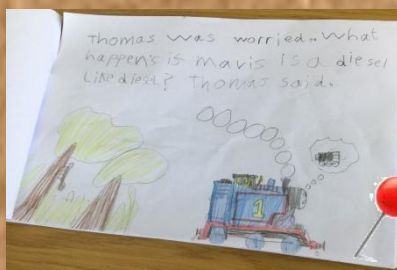
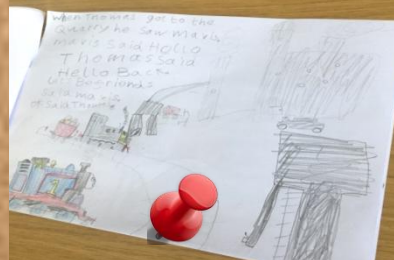
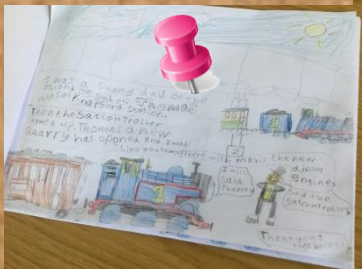
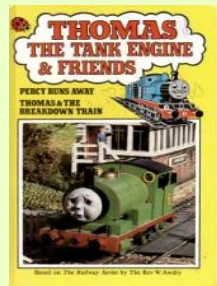
Thomas The Tank Engine drawings by Sam at No Limits Herts and Beds



I'm a keen train spotter and I like to write.

Here is one of his original Thomas The Tank Engine stories.

Below you will see copies of my drawings from the book.





Hobbies and Interests



007 MacIntyre, can you help me find my
LONG LOST FRIEND



Hello, Mag readers
My name is Tom McNaughton.
Also known as James Bond 007
I live at Hubbard Close, Flitwick,
Bedfordshire.



I would love to find an old pal from my childhood.

His name is ALAN GERMAN.

This photo of him from a long time ago.



We lived together at Westoning Manor, Bedfordshire,
in the 1980's. You would always find us together on our BMX bikes
on the driveway.

We think Alan may have been adopted in the late 1980's.
I talk about Alan a lot and would love to be able to find him again
after all this time.

If anybody knows of Alan's whereabouts these days, could you
PLEASE get in touch with me via my support worker Kym.



kym.harris@macintyrecharity.org





Jumanji 3 Film Review by Simon in Shropshire

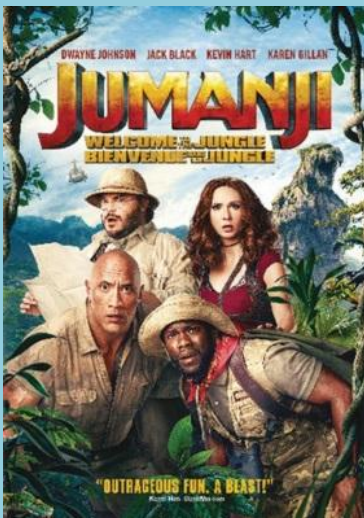


This is an action comedy film about four high school kids who discover an old video game. They are drawn into the computer games jungle setting becoming characters in the game. What they discover is that you don't just play Jumanji, you must survive it.

To beat the game and return to the real world they have to go on the most dangerous adventure of their lives or they will be stuck in the game forever.

The film stars The Rock, Jack Black, Kevin Hart, Karen Gillan, Nick Jonas and Bobby Cannavale.

I really enjoyed Jumanji because it was very funny and there was loads of action in it.

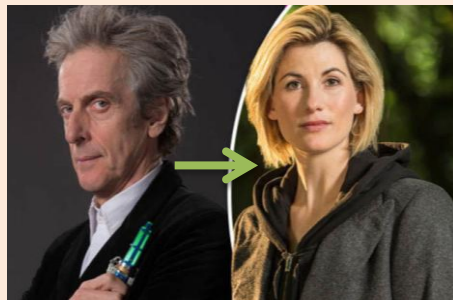




Who's the new Doctor Who By Ismail at No Limits Herts and Beds



The new series kicked off with the world not ending, no galaxies collapsing and no universes imploding. All is as it was we saw Peter Capaldi regenerating (turning) into Jodie Whitaker as the new Doctor.



Her first episode was her falling through the roof of the train. How you can fall through a roof of a train we will never know?

I have a theory, that when The Doctor fell through the train roof and not displaying any injuries, this could be down to the healing process, pain would still be shown but the injuries would heal during this cycle.

All of this is new to you and new can be scary. Don't be scared. I understand." were the words of the Doctor as one of her team struggles to process the spooky happenings.





Who's New Doctor Who (continued)



With the show running for around 55 years. There have been some amazing actors and now actresses that have been on board the Tardis. 13 Doctors including our new Jodie, William Hartnell, Patrick Troughton, John Pertwee, Tom Baker, Peter Davidson, Colin Baker, Silvester McCoy, Paul McGann, Christopher Eccleston, David Tennant, Matt Smith, Peter Capaldi, just to name a few (well all of them actually) Tom Baker being the longest Dr appearing on the show 7 years.

In earlier shows they were written for adults. Now the new shows are more for kids. In my view it should be for adults but suitable for children too (family viewing).

In Episode 2 of the new shows The Doctor and her new team set out on their new adventure on another planet and they met a man with a story to tell. Making you think long and hard about trust - can you really trust people? Safe to say he was left thinking he could. The Doctor and her team proved to him that they are people he can rely and trust.

Out of 

I would rate the 1st show



I would rate the 2nd show





Food and Drink



Supa Speedy Fitness Lunchbox Pasta By Sharon in Milton Keynes



What is needed to make my Supa Speedy Fitness lunchbox



200g of Fusilli Pasta



$\frac{1}{2}$ an Onion diced



1 chopped up hard boiled Egg



Some chopped up Cherry Tomatoes



$\frac{1}{2}$ a tin of Sweet Corn



3 big spoonfuls of Tomato and Basil Paste



The juice of half an Orange



Supa Speedy Fitness Lunchbox Pasta (continued)



What to do

1. Boil the fusilli pasta in a saucepan for 6 to 7 minutes until soft.
2. Boil an egg in a saucepan for 4 to 5 minutes until it's hard boiled and drain off the water and set aside.
3. Drain the pasta and add back into the saucepan.
4. Chop up the onions into small pieces and add to the pasta.
5. Chop the egg up into small pieces.
6. Add the three big spoonfuls of tomato and basil paste from the jar to the pasta.
7. Cut an orange in half and squeeze the juice of half the orange in the pasta.
8. Mix everything together in with the pasta with a wooden spoon.
9. Serve in your lunchbox to eat at lunchtime.

Makes 2 lunches or serves 2.





Art work



Thanks to our Learning Centre in Warrington for sending us their artwork. They used papers, feathers, paint and buttons to give the images a great texture and look.



Keith



Lauren



Tracy



Designing his own football inspired by the world cup by Joshua at Wingrave school. His drawing is also on the cover of this Mag.



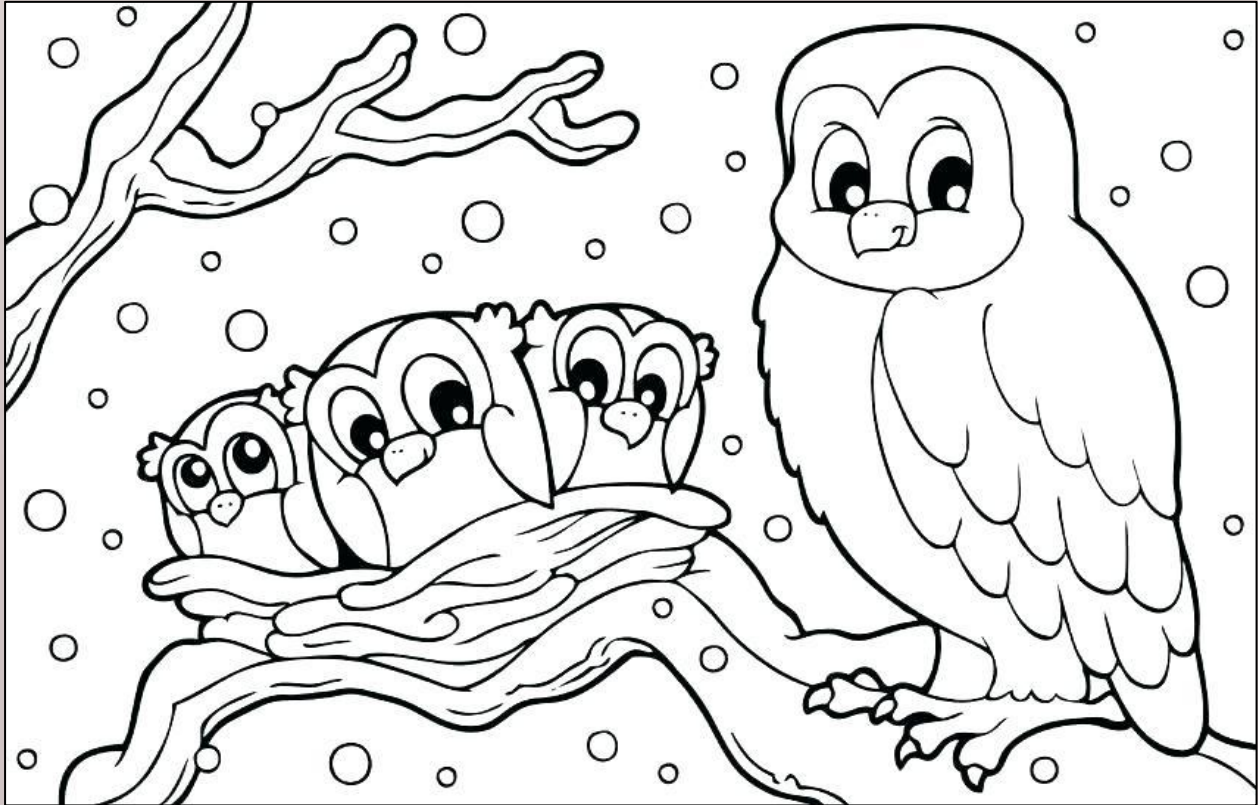


Competition



Winter Scene Colouring Competition

A picture of a winter scene for you to colour and the winner will receive an art set and their picture on The Winter Mag cover.



Please send your entries into The Mag. The address is on the back page of this edition.



Time Competition winners



Tillie at No Limits in Oxford



Deborah in Milton Keynes



MacIntyre
Providing support...your way



My article
for The Mag

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