

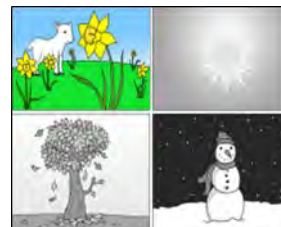


MacIntyre
Providing support...your way

The Mag



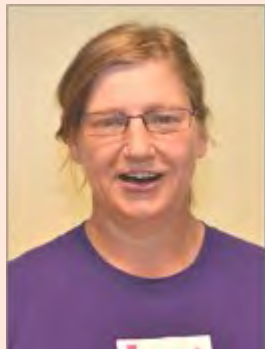
Spring
2022



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



The Mag Group



Welcome to the Spring 2022 issue of The Mag.

The Winter artwork on the front cover was created by people supported in Milton Keynes No Limits.

In this edition we have a story about one of our memory cafes in Derbyshire.

Also we have a colouring competition for you to enter.

From Donald

What's inside



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What's Happening Around MacIntyre?



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Competition



**Thank you for the days.
A farewell to Gwenne
who is off travelling.**



Everyone at **The Mag** Group wants to say thank you for all your support and help. You've helped promote it and even got stories to go inside. You were always part of our group.

When I (Donald) first came to lead The Mag and become the 'Go to' person I wasn't sure if I could do it. I thought 'What me lead a meeting and put The Mag together' I thought it would be out of my comfort zone but Gwenne said 'No you'll be fine, you can do it'. Years later and I am still here.

Gwenne took The Mag under her wing and supported us and The Mag has grown. We have easy read recipes and she taught us about easy read.

At The Roadshows she has always included The Mag and we have enjoyed staying overnight.

I didn't know what to say about Gwenne but then I heard a song called 'Thank You For The Days' by The Kinks and the words made me think of Gwenne.



**Good-bye you'll be missed fondly
remembered** - From Sui-Ling, James, Donald,
Sharon and Mary.



Dying To Talk Project Chesterfield workshops



The Dying to Talk Project is all about planning and making choices for your life and future. We all get older and it's important that we know what is important to you.

We can plan and talk about things that you would want your family and staff to know about.



The Dying to Talk team want you to feel in control and part of your future choices and decisions.

We have exciting ways to have conversations and think about what choices you would like to make in your life. Some of the resources we use are Books Beyond Words which are books with pictures that can help you understand more other resources we use are, card games, Jenga, music and fancy dress to start these important conversations whilst having fun.



Dying To Talk Project Chesterfield workshops



On the 11th and 12th March Irene, Nicola, Rachel and Paul from the Dying To Talk team had some workshops in Chesterfield.

People who go to MacIntyre in Chesterfield came along and talked about what death and dying meant to them while playing games, eating cake and even having a dance!

Planning for when you die or become unwell doesn't need to be scary, the Dying to Talk project team are making this as fun as can be!

For more information please contact
health.team@macintyrecharity.org



What's Happening Around MacIntyre



Litter picking around Lodge Lake By The People we support at Milton Keynes

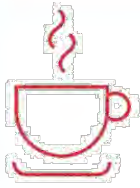


We all enjoyed ourselves in the sun picking up litter around the lake where we live.

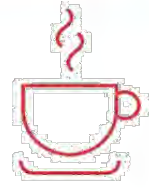
We wanted to do our bit for the area so it could look nice.

We feel sad when we see rubbish lying around.





Our 2nd Memory Café in Derbyshire By some who attended



Our 2nd Memory Cafe of the year was a huge success.

We had The Brimington Community Choir singing for us.

Our local Councillor Barry Bingham also kindly donated £500 to our Community Projects.

It was great to see lots of new people attending and we are all looking forward to seeing everyone at our future memory cafes.

Thanks to everyone involved.





Equality, Diversity and Inclusion Advisory Group (EDI) Group By Donald in Milton Keynes



I am part of a group which was set up by Helen Bass our Workforce Director here at MacIntyre last year 2021.

We meet up once a quarter and we've met up on zoom because of COVID.

In our group we have employees who are the Diversity Advisory Group. The members of the group can work for any part of MacIntyre. We want MacIntyre to be a workplace that is welcome to all people.

The aim of the group is to

1. To guide the development and operation of MacIntyre's diversity, equality and inclusion strategy and plan.
2. To provide insight and awareness to the Leadership Team on related issues.
3. For each group member to act as and diversity, equality, and inclusion champion.
4. To advise and support communications locally, to assist in ensuring that the communications are appropriate and inclusive.
5. To act as a pilot group to be trained and provide feedback when diversity related training and any further learning initiatives are developed.



Equality, Diversity and Inclusion Advisory Group (EDI) Group (continued)



I am very proud to be a part of our Diversity and Inclusion Group that MacIntyre has formed.

Here at MacIntyre, we pride ourselves on making everyone welcome. Equality, diversity and inclusion is really important to us whoever you are, wherever you work, and whatever you do.

Here are the people who are involved in our Diversity and Inclusion Group.



**Agnieszka
Rokita**



Anisa Dedej



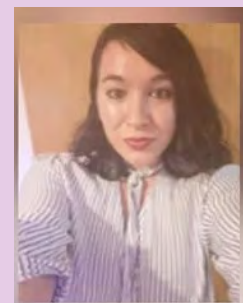
Becky Brindle



**Donald
Delmohamed**



**Estelle
Cinquemani**



**Evangelia
Gousia**



Equality, Diversity and Inclusion Advisory Group (EDI) Group (continued)



Jackie Lynch



Jan Kendall



Karon Bell



Shané
Francis-Myles



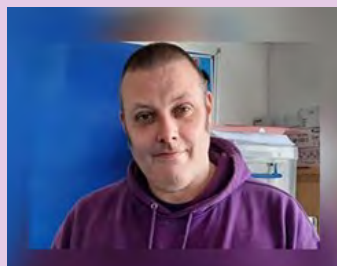
Tess Marshall



Helen Bass



Zoe Clark



Tristan Mabey



Harry Potter Tour Visit By Sui-Ling in Milton Keynes



I went and had a trip to The Harry Potter studio. I know Harry Potter from the films and books and I was lucky enough to go on a tour.

Guess what I got to do on my tour? Yes it was to have a ride on a broomstick! That was really funny. This will make you jealous... I saw the Hogwarts Train which was so cool. I got to see lots of other fun Harry Potter things. It made my day.

I would tell others if they are into Harry Potter they should come to this place for a nice day out.





Visiting Mead open farm By people we support in Milton Keynes



We went to Mead Open Farm near Milton Keynes. We saw lots of farm animals with our staff.

Here are the pictures of our visit.





Celebrations



My birthday By Simon in Milton Keynes



It was my birthday and I got a lovely cake and presents from friends and my staff.





Celebrations



Celebrating two years at our service By Rowie, Adam, Alex and Sarah-Jane



Rowie, Adam, Alex and Sarah-Jane along with our staff Tisha and Lynne went to Prezzo's restaurant to celebrate living in Oswestry for 2 years and to celebrate all our achievements and goals that we have all smashed.

Our staff said fantastic.





Celebrations



My 79th Birthday by Michael in Milton Keynes



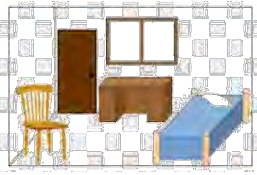
It was my birthday and I had a big chocolate cake from my staff with candles on the top. Chocolate is my favourite and it tasted nice and it made me feel special.

Thanks to everyone for my cake.





Home and Garden



My bedroom decorated By Graham in Milton Keynes



I have waited a long time to have my bedroom decorated in my flat. Thanks to the trustees at MacIntyre for making this happen.

I went to the January sales and did some bedroom shopping with Chloe my staff and got new window blinds, a new door and curtains.

My staff said to me 'Looking good Graham'. Next will be a new bed for me.



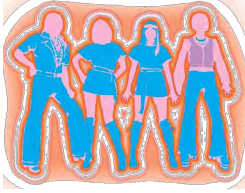
My new window blinds



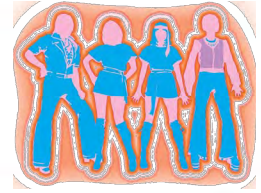
My new door curtains



Hobbies and Interests



ABBA tribute night out By Ian and Mary In Milton Keynes



We went to see an ABBA tribute night and we had a fantastic time. We loved all the ABBA songs.

We also had a lovely meal at our table and we all dressed up smart.

Thanks to Nicola and Kat for supporting us all.





Sport and Leisure



Going to watch a football Game By James in Milton Keynes



I am a big Manchester United fan but since COVID19 I've not been keen on going out as the world has been a scary place for me.

Then one weekend I got to go to a football game at Old Trafford the home ground of Manchester United.

It was great being in a football crowd hearing fans singing. I had my United woolly hat, scarf and coat on as you have to look the part, plus it was chilly.

It was an amazing day, I got to go out and enjoy myself.





Food and Drink



Cooking No Crust Quiche Serves 4



To make this No Crust Quiche you will need all these things
We will make it together on zoom



- a frying pan



- a sharp knife



- a chopping board





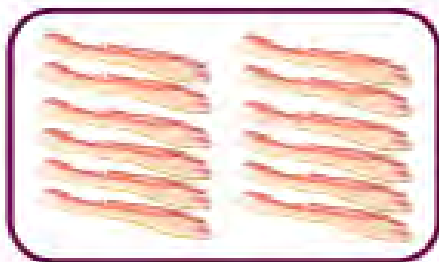
Food and Drink



- a flan dish



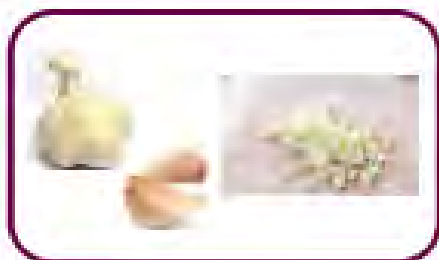
- Low-calorie cooking spray



- 12 slices of bacon



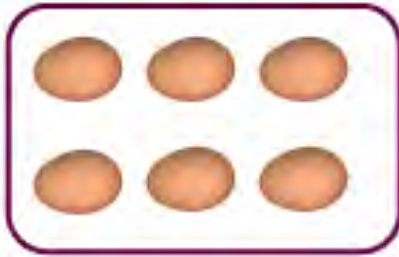
- 250g Spinach



- 2 finely chopped garlic cloves



Food and Drink



- 6 large eggs lightly beaten



- 300g fat free cottage cheese



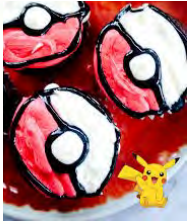
250g cherry tomatoes cut in half



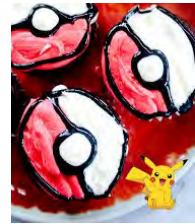
40g grated Cheddar cheese

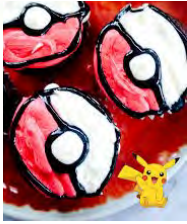


Chopped parsley

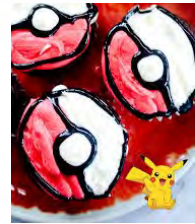


Pokémon Cakes by Tom in Leicester





Pokémon Cakes by Tom in Leicester



Tom's Pokémon Cakes



To make Tom's Pokémon cakes you will need



- weighing scales

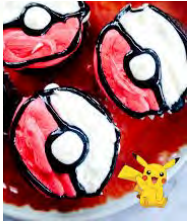


- a wooden spoon or an electric mixer



- mixing bowls





Pokémon Cakes by Tom in Leicester



- a cupcake tray



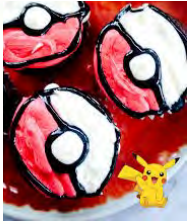
- cupcake cases



- a wooden stick or
- a temperature stick or
- a butter knife



- spoons



Pokémon Cakes by Tom in Leicester



- a pair of oven gloves



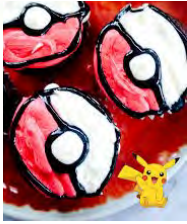
- 170g of butter or margarine



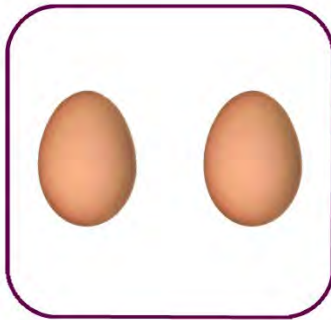
- 170g of sugar



- 170g of self raising flour



Pokémon Cakes by Tom in Leicester



- 2 eggs



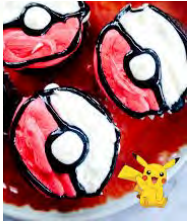
- icing sugar



- red food colouring



- a black or dark coloured icing pen



Pokémon Cakes by Tom in Leicester



Put the oven to 180c or gas mark 4



Put the butter and the sugar into the
mixing bowl

Mix them together



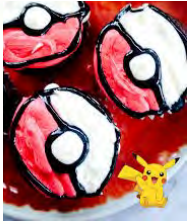
Crack the eggs into the mixing bowl

Mix the eggs into the mixture



Put the flour into the mixing bowl

Carefully fold the flour into the
mixture with a spoon



Pokémon Cakes by Tom in Leicester



Put the cupcake cases into the
cupcake tray



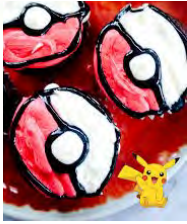
Use the spoons to put the mixture
into the cupcake cases
Make sure to put the same amount
into each cupcake case



Use the oven gloves to put the
cupcake tray into the oven for
20 minutes



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



Pokémon Cakes by Tom in Leicester



Push the wooden stick or temperature stick or knife into the cupcakes and pull them out again

If it comes out clean the cupcakes are ready

If it does **not** come out clean the cupcakes are **not** ready



If the cupcakes are **not** ready put the cupcake tray back into the oven for a few more minutes and check them again

Remember to use the oven gloves

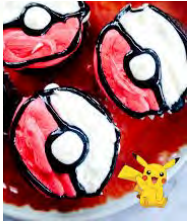


Leave the cupcakes to cool



Mix the icing sugar together with water in a mixing bowl

Put half of the icing sugar into another mixing bowl



Pokémon Cakes by Tom in Leicester



Put some red food colouring into one of the bowls

Mix the icing and the red food colouring together



Use the black or dark coloured icing pen to draw a circle in the middle of every cupcake

Draw a line coming out of each side of the circle

This is the Pokéball shape



Cover one side of the cupcake with red icing

Cover the over side of the cupcake and the circle in the middle of the cupcake with white icing



Let the icing set

Enjoy



All about us tree By people we support in Milton Keynes

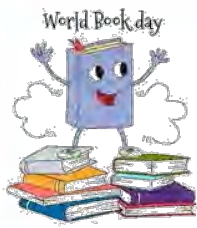


We made a tree all about us. The leaves we had picked from outside and we painted some leaves.

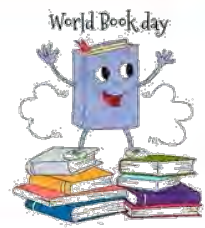
We made our own leaves with our pictures on them and added some of our favourite things to them so new people know a little about us.

We added little things like animals to the tree. It is really big and colourful.





World book day by the students from No Limits Milton Keynes

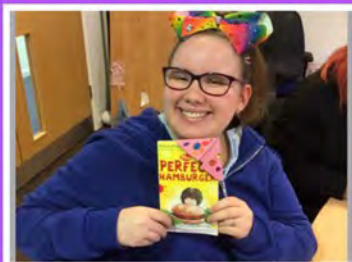


Paper plate Jellyfish, Origami bookmarks to celebrate World Book Day and paper lovebirds and hearts.

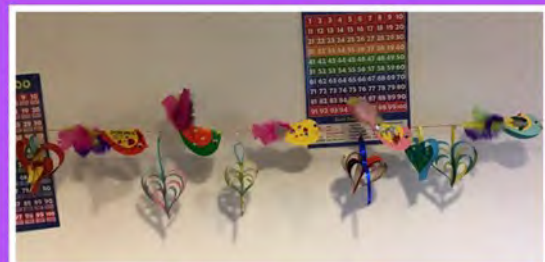
Here are a few pictures from our art session to celebrate world book day.



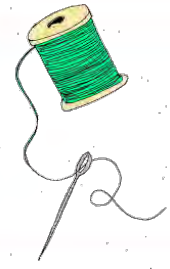
Jellyfish on a line



Students with their books



More artwork



Our Embroidery and Tapestry artwork

**Mary and Ian
in Milton Keynes**



We have now finished our embroidery/tapestry pieces after weeks of hard work at our art and craft sessions at our learning centre. We both enjoyed what we had made

Ian said 'I will hang mine in my room' and Mary said 'I will give it to someone special as a present'.





The cushion that I've made by Rachel in Milton Keynes



I made a cushion in our sewing group I go to it was for my dad. I love my dad very much.

I like the sewing group it's so much fun and we get to make lots of nice things.

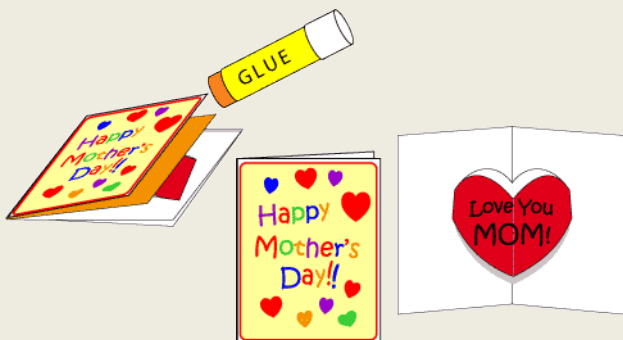


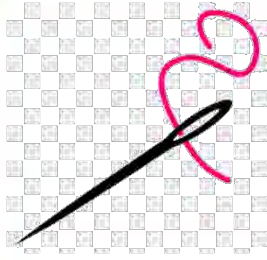


Mothers day cards By Guy in Milton Keynes

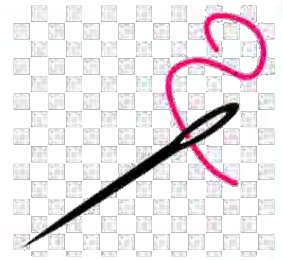


I wanted to show you all, the card I made my mum for mother's day.





Sewing by Andrea at Warrington



This is my sewing. It's a mermaid under the sea.





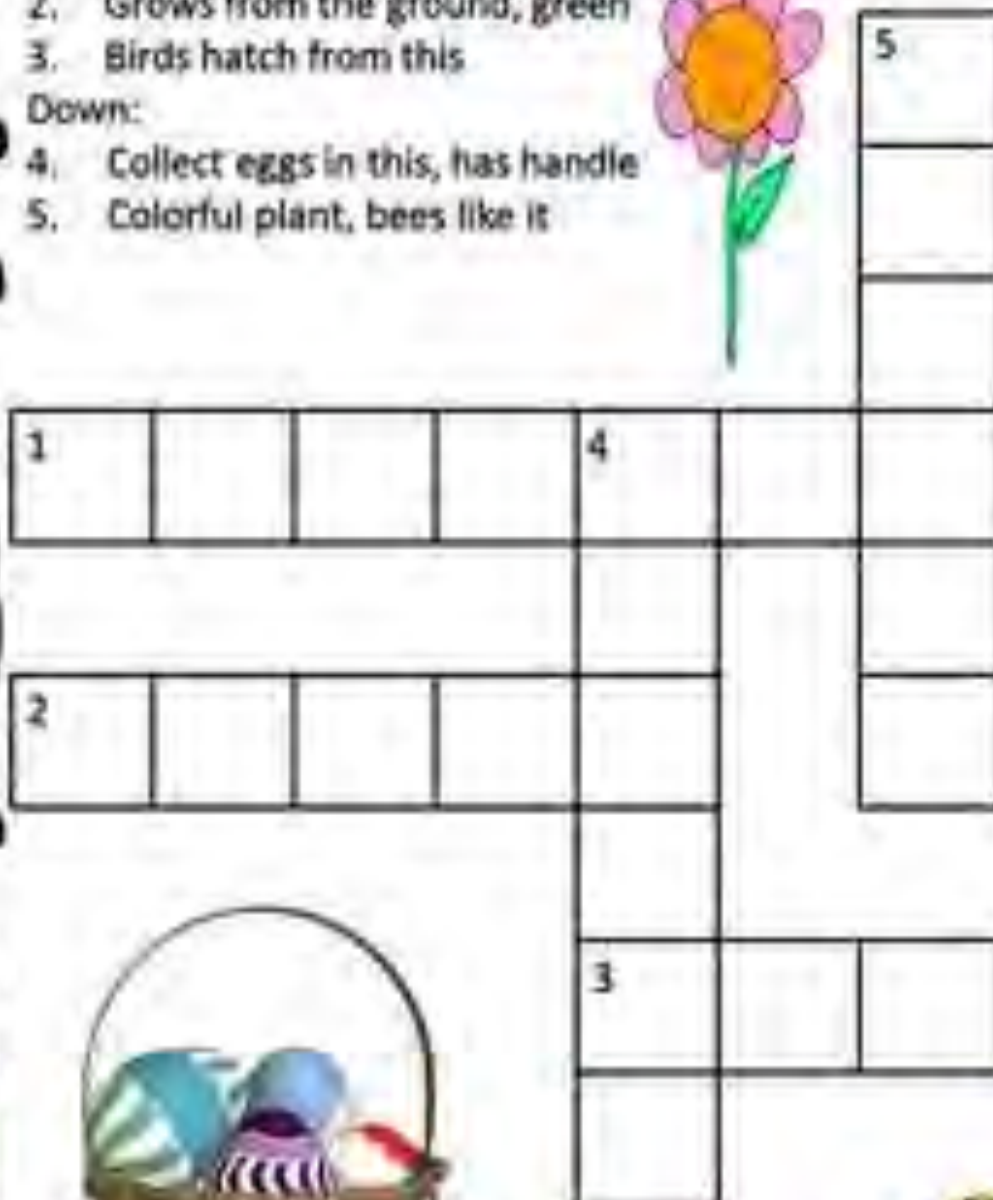
Spring Crossword

Across:

1. Colorful bow in the sky
2. Grows from the ground, green
3. Birds hatch from this

Down:

4. Collect eggs in this, has handle
5. Colorful plant, bees like it





Spring Colouring Competition



Our Spring Competition is for you to colour in this picture of an ice-cream and the best one gets to go on the summer front cover and the winner will get a lovely art set.

Please put your name and contact details on your entry and send it to Donald at the mag



Please email entries to themag@macintyrecharity.org



MacIntyre

Providing support...your way



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