



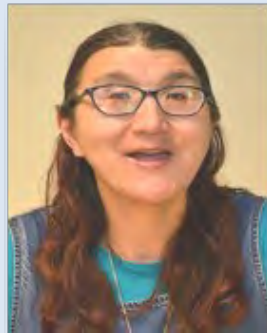
SPECIAL ISSUE: THANK YOU



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

Autumn/Winter edition

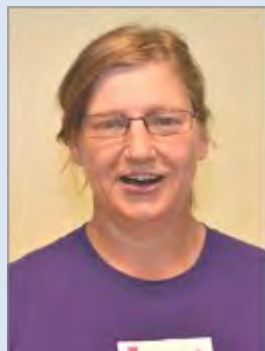
The Mag Group



Sui-Ling



Donald



Sharon



Mary

Welcome to the Autumn / Winter 2022 issue of The Mag. With this issue and with heavy hearts the group say goodbye to the Legend that is Donald who is retiring from MacIntyre after 20 amazing years. In this issue we say goodbye and also catch up with what all of you lovely people have been doing across MacIntyre

-The Mag Group



What's inside



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Goodbye and Good Luck Donald



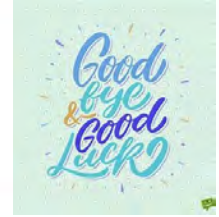
Donald A MacIntyre Legend



In this section and with a heavy heart all of us at The Mag say goodbye to our fabulous editor and MacIntyre Legend Donald Delmohammed. After Twenty years of dedication to his role he is retiring. Always passionate about getting out the stories of everyone across MacIntyre he will be sadly missed but we know he will smash whatever he takes on next. Donald. We salute you! Over the next few pages we hear from a few of Donalds friends and colleagues about the impact he has made on their lives...



Good Bye Messages for Donald By Sarah B and Aggie.



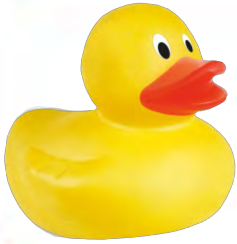
I just wanted to say a huge Thankyou for everything you have done while you have been with us at MacIntyre. We will all think about you fondly as we think about your humour and your commitment and particularly all that amazing content you were able to get together for The Mag. It's been amazing for so many people. Enjoy the next phase of your life and do keep in touch. Thankyou again for everything. - Sarah Burslem.

I just wanted to say all the best for the future. I hope this is going to be a great opportunity for you and that this change is going to be just what you need at this point in your life. Thankyou very much for all the Curly Wurllys over the years and I still have my cup from my first ever Mag meeting. It was great working with you. Take care- Aggie Rokita

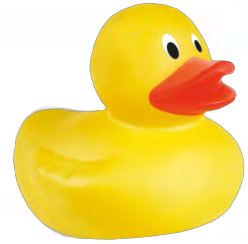




Goodbye and Good Luck Donald



Donald -
A great colleague, mentor and friend
By Sarah Nicholson



The Mag

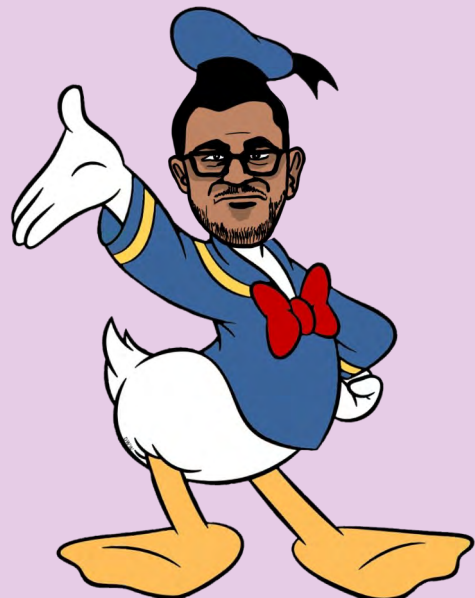
Group



I first remember meeting Donald's Ducks - no that is not a typo and I wasn't at Disney Land! But in MacIntyre's Central Office on my first day on secondment with the Great Interactions Team.

On Donald's desk were his colourful and fun rubber desk ducks!

Colourful and fun are also words I would use to describe Donald personality as well as helpful, kind and having a wicked dry sense of humour too! Donald was amazing in supporting me and showing me the ropes at Central Office and introducing me to the MacIntyre Mag group.





Goodbye and Good Luck Donald



I remember going on our first visit together to Oxford's Life Long Learning Centre - I got a bit lost on our journey up there and Donald's dry sense of humour and liking of a friendly teasing shone through! When we...eventually! there we had a wonderful time getting to know the people in Oxford; capturing and celebrating Great Interactions and Pancake day with them! (a fond food memory - which can be a theme with Donald and I!)

That was almost 8 years ago and since then have gained so many more fond work and life memories with Donald to look back on - Roadshow madness! MacIntyre Mag group team meetings and a treasured friendship (based largely around our mutual love of eating out! - is there any greater joy in life?!) and I look forward to making many more!

★
Good Luck Donald Duck's!
★ *-Sarah* ★





Dancing In The Rain Oxford Lifelong Learning



Phew! Well we certainly had some hot days during August. At Oxford Lifelong Learning they were so happy to get a break from the heat when it started to rain that they went out and danced! Cool moves everyone. The Mag salutes you!



Singing and Dancing In The Rain!



Celebrating National Fitness day at Wingrave School



It was National Fitness Day on Wednesday 21st September which is a chance to highlight the role exercise plays across the UK and is to help people to lead healthier lifestyles through being physically active. To celebrate At Wingrave School they had a wonderful day playing bowls at the Wingrave Bowls Club. At MacIntyre are always grateful for the support from our local community.



Great weather for a spot of bowls!



What's Happening Around MacIntyre



Oxford Lifelong Learning visit the Great Holm coffee shop In Milton Keynes



Today some of our people we support at Oxford lifelong learning visited the lovely great Holm coffee shop in Milton Keynes.... All 5 of them said how lovely it is and how they really enjoyed it and are already planning on another visit.. we also popped into central where we bumped into the lovely Sarah where John had a lovely conversation and hasn't stopped talking about how he met Sarah.



A great time was had by all



What's Happening Around MacIntyre



Mark and Ben go to MK Pride



Milton Keynes Pride Festival took place on Saturday the 10th September 2022. It is an event to promote the LGBTQ+ community in Milton Keynes and the surrounding areas and also for people to have a fabulous day. (LGBTQ+ stands for Lesbian, Gay, Bi-Sexual, Trans-Gender and Queer)

Ben and Mark went along and as you can see in these pictures had a great time meeting people in the sunshine.



Party in the park!



What's Happening Around MacIntyre



Owl Class Go To College Lake



Pupils from Owl Class at Wingrave School enjoyed a lovely trip to College Lake, trying new things, getting lots of exercise and sharing space with peers.



Learning about the Wildlife in College



Taking a stroll in the woods



Off home after a lovely time.



The Voices Tech Team On Tour



The Voices Tech Team are just back from a 3 day tour “up North”. We performed in Lytham St Annes on Wednesday and Ashton under Lyne today . The Guys were amazing and as well as doing all their jobs they interacted really well with all the students and staff that we met along the way . Great Job Team.



Martin helps with props.



Ian behind the lighting desk.



What a team!



Time for a drink after the work is done.



A little more conversation By The Dying To Talk Team



The team at the Dying to Talk project really want to get people talking about their life, things that they like and enjoy, and things that could be important towards the end of their life. The Dying to Talk team want people to feel less frightened and feel more confident when talking about death and dying.

Rachel and Nicola have known each other for over 17 years and have a trusting friendship. Both Rachel and Nicola work in the best practice team at MacIntyre.

Rachel and Nicola spent a working morning finding out more about the Dying to Talk project and what resources they can use to help talk about death and dying and support conversation and choices.

They started using some conversation cards and wrote the answers down. Once they had finished with the questions, Nicola read out Rachel's answers like a letter, which really helped Rachel hear what she had said.

Some of the questions the card say are

- What was the last movie you watched?
- What is a song that makes you smile?
- Who makes you smile?
- Swimming or sunbathing?
- Sweet or Savoury
- What is a smell that brings back memories?





What's Happening Around MacIntyre



They talked about if Nicola didn't know this information about Rachel, imagine if Nicola played music Rachel didn't like, gave Rachel food she hated or smells that made Rachel uncomfortable.

They went on to think about if they were to become unwell and they didn't know this information about each other how that could feel. Rachel agreed it was important to know this. Nicola went on to say *'if I was to die I would want people to know things that were important to me'* and Rachel agreed.

The Dying to Talk team have lots of fun ways to talk about things we like, think about the future and make sure we and others around us know what is important to you. If you would like any more information please contact the health team health.team@macintyrecharity.org





Co-Production and working together



Co-Production And Working Together By Sui-Ling



Hi Everyone

My name is Sui-Ling and I am part of the best practice team at MacIntyre. This is a new section of The Mag where we talk about working together.

It very important we do this at MacIntyre so everyone is listened to and has a say. Team work makes the dream work! Another word for working together is co-production and in these next few pages I will talk about what it means and how we can do it.

In this issue we look at what I did at the ignite conference, The Big Plan and look at a song written about our DNA

So here we go...





Co-Production and working together



Sui-Ling show Live at Ignite Conferences in Milton Keynes And Manchester



I took the Sui-Ling show on the road in the Autumn at Milton Keynes and Warrington roadshows! interviewed people from MacIntyres Best Practice Team and about The Big Plan which you can find out more about on the next page.



Sui Ling and guests take to the stage



Co-Production and working together



THE BIG PLAN

The Big Plan

THE BIG PLAN



Over the last year the Best Practice Team have worked with the people who use MacIntyre services to come up with a Big Plan for the future. We have looked at what is not working and what is working in the picture below. The four big actions are listed in the grey boxes and this is what we will be working hard on to make happen. If you have any questions about The Big Plan please email me, Paul Payne or Catherine Farrell. We are here to help.

sui-ling.tang@macintyrecharity.org

paul.payne@macintyrecharity.org

catherine.farrell@macintyrecharity.org





DNA Song By Greater Manchester



For the DNA Launch Day in Greater Manchester the team wrote their own DNA song. Here are the lyrics. It was written to the tune of The Village Peoples YMCA. Have a sing along and let us

Our Way is a life that makes sense
I said, our way there's no need to feel tense
I said, our Way, 'we want equality
There's no need to be unhappy
Our way, everyone's in control
I said, our way, you can fulfil your goals
you can be you and have a really good time.
There's no need to feel you don't shine
The Only Way is Our DNA
Our DNA
we do everything
for our equality
This is something that's clear to see
Our DNA
Our DNA
We do everything
for our equality
This is something that's clear to see

Our way everyone has a voice
I said our way, everyone has a choice
I said our way is to respect you and me
be who you want to be
Our way you can fulfil your dreams
but you've got to know this one thing
No one, does it all by their self
we work as a team
and be led by our DNA
Our DNA

Our DNA
Our DNA





Co-Production and working together



We value family and friends and neighbourhoods too
We can do what we want to do
Our DNA
Our DNA
We value family and friends and neighbourhoods too
We can do what we want to do

Our Way is a life that makes sense
I said, our way there's no need to feel tense
I said, our Way, 'we want equality
There's no need to be unhappy
Our way, everyone's in control
I said, our way, you can fulfil your goals
you can be you and have a really good time.
There's no need to feel you don't shine
The Only Way Our DNA
Our DNA
We do everything
for our equality
This is something that's clear to see
Our DNA
Our DNA





The Sui-Ling Show



It's been a busy year for me with my chat show. If you look at The MacIntyre youtube channel you can see a two part highlights episode that looks at some of my favourite moments of 2022.

I am currently looking for guests for 2023 so if you would like to be on the show please send an email to me at

sui-ling.tang@macintyrecharity.org

or

paul.payne@macintyrecharity.org



Don't forget to check out my highlights shows where you can find out who one of my favourite guests of 2022, Will Tran's favourite dancer is.



Holidays and Day Trips



Simons Harry Potter Studio Tour



In September Simon from The Haddons took a trip to The Warner Brothers Studio in London to check out the Harry Potter studio Tour . He had a great time as you can see in these awesome pictures...



Chilling at Hogwarts



Harry Potters childhood home



Catching the Knight Bus



Arthur Weasleys flying Ford Anglia



Holidays and Day Trips



Warrington Lifelong Learnings trip to Bendrigg Activity Centre



Just a selection of photos for Warrington learning centre trip away to Bendrigg activity centre in the lake district to show a few activities we got up to. We were very proud of all of you with the challenges you took on and 3 young people completed their Duke of Edinburgh level gold.



Putting Spiderman to shame



Going Underground



Row, row, row your boat



Zip lining through the air



The team with their well earned certifi-



Holidays and Day Trips



Dannys Helicopter ride



Danny's helicopter ride this weekend, made even better as they had a spare seat his brother got to join them



Ready for take off



Brothers



Up in the air



Danny's Souvenir photograph



Holidays and Day Trips



Johns trip To Shrewsbury Steam Rally



Bank Holiday Monday at The Steam Rally, Shrewsbury. Enjoyed by John from Pankhurst Way. Here is some of the great photos John took.



Ready for take off

Harry Potters childhood home



Up in the air



Arthur Weasleys flying Ford Anglia



Holidays and Day Trips



Andys Dream Holiday



Andy Lawson In Bury had a lifelong dream to have a Holiday on the Island of Jersey. Unfortunately, this was all due to happen in the Summer of 2020 but due to Covid this had to be put on hold. We were determined to support Andy to fulfil his dream so In March of 2022 we started to plan with Andy his trip to Jersey. All was ready and just weeks before he was about to embark on his trip his Flights were cancelled. We were all very aware how disappointed Andy would be. So, Jill Gregory Andys support worker Organised the refund and booked trains and Ferries so this could still go ahead. In September Andy finally got to go on his dream holiday to Jersey and In Andys words "The best holiday of my life" Andy is still on a high and looking forward to returning next year.



Holiday memories



Holidays and Day Trips



Wrexham Holiday



Ffordd Glyn on tour. Annette, David, Luke & Marc from Wrexham enjoyed their first holiday together at the weekend. They all had a fab time in Anglesey and can't wait to go again. Thanks to Dawn and all the team for organising and making it so special.



Happy times and memories being made



Celebrations



Alan's Birthday I4T Chesterfield



In August at the I4T group in Chesterfield, we celebrated a big birthday! Alan is one of the founding members of the group and is the one who keeps us all in order! Alan seems to know everyone who visits us and always gives a warm welcome. He is the first to put the kettle on when we arrive for the session and isn't shy of getting stuck in when other jobs need doing. These are a few pictures of Alan in action over the years. HAPPY BIRTHDAY ALAN! We hope you had the best few days celebrating.



Cooking up a treat.



Alan the Toothpaste King.



Alan Presley is all shook up.



Happy Birthday Alan.



Home and Garden



Nigels Garden and house Projects



In Baxter Close in Milton Keynes Nigel has decided to bring some character to his garden and started to paint the fence . He also bought some new furniture to freshen up the place.



Nigel hard at work



Admiring his handiwork



Putting the table together



A flowery finishing touch



Home and Garden



Mural at Rowan Close in Southampton By Paul Payne



BEFORE

Alexandra, Michael, Thomas, Richard and Gary were bored of the painting of an unfinished tree that was on their living room wall at Rowan Close and wanted something much more fun. They all came up with suggestions of their favourite things and I painted it for them. I really hope you all like it
-Paul Payne



AFTER



Hobbies and Interests



Things I like to do and one new thing I tried

By Thomas from Southampton



Every day I like to look through my local newspaper called the Daily Echo. I like to see what is happening in Southampton where I live (pic attached)

I also love our Sensory Room at Rowan Close! Especially playing the interactive floor games - these are funny! (pic attached - cut me out I'm getting me head in everywhere!, just crop to Thomas and his staff member x)

I also met and played with a puppy, I wasn't sure at first but once I fed her a treat and got used to her I enjoyed stroking and playing with her - she jumped up on my bedroom furniture at one point because she liked my room so much! Cheeky pup.





Art and Craft



Making Love Rocks In Milton Keynes



In Milton Keynes flatmates Mary And Rachel got involved with the new love Rocks craze. The idea is to paint some rocks and leave them for someone else to find and brighten their day.



Artists at work



The finished Rocks are now out there for some lucky person to



Art and Craft



Fletchers Mews Art Gallery



A mixed media collage of recycled items made by the people at Fletchers Mews was exhibited back in the Autumn at the gallery near Stantonbury theatre. Thanks to Maxine and Family for organising and put up the display.





Art and Craft



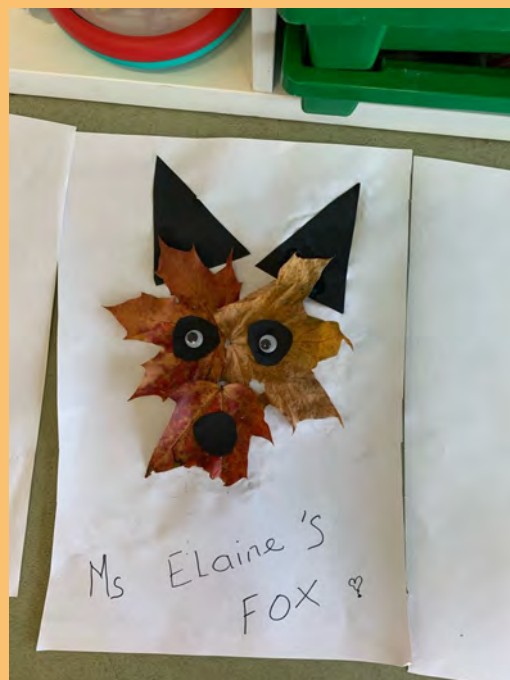
Charu collects leaves for art projects in MK



In Milton Keynes Charu went out to collect leaves for an art session. She picked the ones with the most vibrant colours and as you can see some lovely pictures were made.



Great work Charu!





Fun and Games



Autumn word search



AUTUMN



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

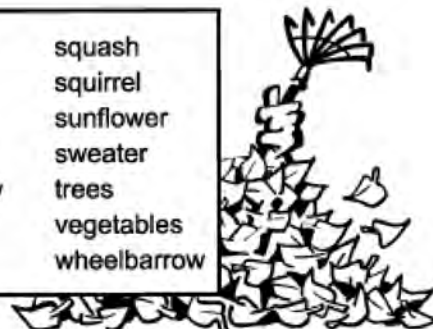
apples
 autumn
 birds
 blanket
 bonfire
 changing
 cider

colorful
 cozy
 crow
 deciduous
 equinox
 flannel
 foliage

frost
 harvest
 hayride
 jacket
 leaves
 migrate
 orchards

pumpkin
 quilt
 rake
 rustling
 scarecrow
 season
 spider


squash
 squirrel
 sunflower
 sweater
 trees
 vegetables
 wheelbarrow









Autumn Crossword





Autumn Crossword Puzzle



Across

- 5. An orange vegetable used to carve Jack O' Lanterns.
- 7. A garden tool used to capture fallen leaves from the yard.
- 9. The ninth month of the year, when autumn begins.
- 10. A vegetable that grows inside a green husk with yellow kernels inside.

Down

- 1. The seed produced by oak trees.
- 2. A small, usually brown mammal with a long, fuzzy tail that lives in trees.
- 3. A type of fruit that can be red or green and is baked in pies.
- 4. The gathering of crops at the end of the growing season.
- 6. A dummy used to scare away birds and other animals from eating a farm's crops.
- 8. The flat, usually green parts of a plant that grow from a stem or branch.



Fun and Games




Crossword and Wordsearch Answers




  **AUTUMN**  

QLWEJMEDIRYAHKZBNUTCVP
HNPGBITSCUETSOKFDRDSAM
RBSAZDEPQNJWIVGXTLEKFH
YQUILT KJFUSHOAECOLQDBS
AKXLCVNRREDIPSLMRBHUZIF
VWDOEJAPBGZRQHFA SMITYC
MOGFTWLEVS NBRUTNI ANPHQ
XRVR AKBZJCHILEPBUFOGWN
TCEJRHS AUQSYGWLKOSXHDM
DEHAGLIUMTFEBNOSRNEJPU
SRJCIQPNQHVLUCADMEFOKT
GAFKMJDLTUCSEONHLPBIXU
UCRETAEWSPDFMZIBCOHNR
JSMTPNFCZROIWYA QHDI LUE
IDYUNSEVAELZCRHPQKMQSB
BZRAKEQHDMXNRESJPICETO
EILSHYCBGUKOPTDMFLARLZ
PFRQYROT XZWN BULASEMID
WXBDQJHARVESTPCIOQYSNL
LHZMSIJFWORCAQYNKBPUGX

apples	colorful	frost	pumpkin	squash
autumn	cozy	harvest	quilt	squirrel
birds	crow	hayride	rake	sunflower
blanket	deciduous	jacket	rustling	sweater
bonfire	equinox	leaves	scarecrow	trees
changing	flannel	migrate	season	vegetables
cider	foliage	orchards	spider	wheelbarrow



 **Autumn Crossword Puzzle**


  

Across

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8. The flat, usually green parts of a plant that grow from a stem or branch.





Fun and Games



For you to Colour





Autumn Colouring Competition



Our Autumn Competition is for you to colour in this picture of a cozy scene and the best one gets a set of felt colouring pens.

Please put your name and contact detail on your entry and send it to Paul Payne at the mag



Please email entries to **themag@macintyrecharity.org**



**All of us at The Mag
hope you have had an
amazing Christmas and
new year. In the next
few pages we will have
a look what some of
you got up too.**





Christmas Special Section



Elfish fun At Fletchers Mews



There were lots of naughty elves spotted across MacIntyre this Christmas season. There was a mini outbreak of them spotted at Fletchers Mews Learning centre . Lets see what they got up too over the next two pages.



No one was safe from the naughty elves Iain, Tom, Sui Ling and Ben!



Christmas Special Section



You better watch out when naughty elves are about!



Christmas Special Section



Naughty Elves seen all around MacIntyre



It wasn't only Fletchers Mews that naughty elves were spotted at MacIntyre. They were also seen getting up to no good at Amptill, Warrington



Watch out naughty elves are about!



Christmas Special Section



Phyllis watches the tree go up at The Wirral



Phyllis, who lives at Cherriton, Wirral- enjoyed watching our SSW, Rebecca, getting the tree and sensory lights ready for Christmas whilst enjoying a spot of lunch



It was beginning to look a lot like Christmas



Christmas Special Section



Craig Visits The Christmas Display At MK City Centre



Craig went with Rachel to see the Christmas display at the city centre. As you can see by the smiles he had a fabulous time and really got in the Christmas spirit.



Walking In Winter Wonderland!





Christmas Special Section



Christmas Coffee Morning In Worcester



We had a lovely morning yesterday for our Christmas Coffee Morning in Worcestershire! It was so nice to see everyone being able to be back together. Old friends were reunited and new friends were made. :)



Friends getting in the Christmas spirit



Christmas Special Section



Wreath Making In Warrington



Our wreath making is underway Sophie's first year with us but she a dab hand at this. 60 orders to fill so very busy down at new routes Warrington



Beautiful Work



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



www.macintyrecharity.org

Crossword answers— Across 3-Hail, 6-Snowcone, 8-Watermelon
9-Icecream. Down— 1.-Pool, 2-Rain, 4-Freezer, 5-Ice, 6--Lemonade

Autumn/Winter edition

