

The Mag



MacIntyre

Providing support...your way

macintyretthemag.org



Inside...
Nathan finds
out What's next!



**This edition of The Mag is brought to
you by...**





The Mag



Welcome to The Mag

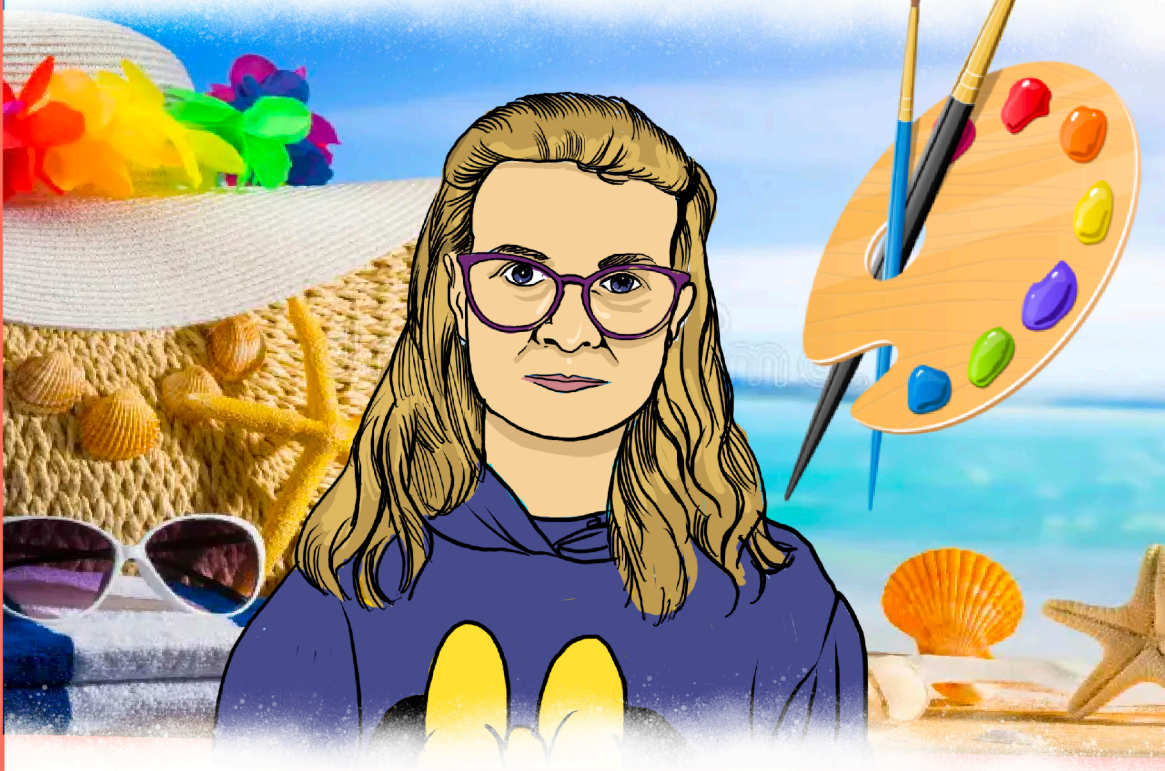
Hello and Welcome to issue Four of The Mag. In this issue we are excited to welcome three new writers to our team- Charlotte, Saravina and Sharon from Chesterfield. Inside we have lots of new stories from around the country. So much exciting things have been going on. I hope you all enjoy the issue. Don't forget to check out our justgiving page... there is a QR code at the end of the issue where you can donate to help us cover our costs. An issue costs £1 to produce so anything you can afford will be very appreciated.

Stay happy!

Sui-Ling.



Meet our new writer... **Charlotte**



Hi. My name is Charlotte! I am 33 years old. My interests are art and going on holiday with my mum and dad. I live in supported living with my friends Olivia, Angela and Leanne. I like doing my doing my volunteering and my work placement. I hope to tell you more about these soon.

Meet our new writer...

Saravina



Hi I am Saravina and I am 23 years old. I go to Macintyre two days a week and college three days a week. I live with my Mum and Dad and my two dogs Beatrix and Florence. I love to colour and do art. I enjoy going on holidays around the UK. I am a very helpful person and always help other people when they need it.

Meet our new writer... Sharon



Hi my name is Sharon . I am 46 years old. My hobbies are craft making, going out to eat with housemates, walking and getting Levi's clothes. I am part of the i4t team and love being part of the workshops. My favourite workshop is Great Interactions which inspires people to work with people better.



An insiders view to the world of support

On the 12/02/25 I attended the What's Next event at the Arkwright Centre as a representative of Macintyre to help increase the publicity of their services in Derbyshire. I must say I was amazed by the event for two reasons, firstly the number of organisations that came and the number of people who were looking for details of services or support that is offered by these organisations.

In my view the objective of the event was for organisations to demonstrate what services they could offer someone planning the next steps on their educational or support journey. The event offers participants the opportunity to ask questions and gather information, this helps them make informed decisions about their future or someone else looking for another person.



An example of some of the organisations that attended were as follows:

- Macintyre
- Fairplay
- Landmarks
- Derby College Group
- Adventure Services

Every organisation offers a wide range of different support to enhance an individual's independence using a variety of different methods that are adapted to making learning programmes suitable for everyone regardless of learning ability.

I must be honest I loved the event because it gave an amazing insight into the world of support which is available for people leaving school or looking at options in further education or employment and supported living.

I think the event was very well attended. I enjoyed the event and would have no question about attending similar events in the future.

Whilst at the event I visited the Derby College and attempted the spin the wheel challenge and won myself a water bottle.

Macintyre's stands and all other stands at the event were very well populated. A great day was had by all!





**Rory's
Stories.**

Great British
Care Awards



Rory attends The Great British Care Awards in Manchester

I was invited by Kathryn Yates to go to the Great British Care Awards at the Kimpton Clocktower Hotel in Manchester. It was a really posh venue. I went along with Kathryn, Pete Connor, William Tran and Katy Parr to the awards on a Saturday night. It was a good night we all came smart (suited and booted) . We had a three course meal which was really nice. It was followed by a Shania Twain tribute act which was fun as everyone was dancing on the dance floor.

The Great British Care awards are a series of regional events throughout the UK and are a celebration of excellence across the care sector. Kathryn was nominated for the care innovator award and did really well. I really enjoyed the whole night and was proud to represent MacIntyre with everyone who came along with us, as we shared a table with Kath and her team from Greater Manchester too.





Will at Ignite North...

I was invited to the Ignite conference (North) as a Macintyre Dancer at the Village Hotel in Warrington. It was a really busy day for me. I got to perform with my friends Bethan, Jess and Kirsty which was fun. I really enjoyed it and the whole room got up dancing with us. I also met Sui-Ling and Paul who I work with on the Macintyre Mag. I went on the stand I was telling people about my job as a mag reporter and how good it is. I then helped out with Kathryn Yates on the 'everyone everywhere' workshop. I enjoyed it as I was helping people in the room get to know each other using Uno cards which was a fun thing to do. At the end of the day I was then asked to help out with the raffle, shouting out ticket numbers for the prizes. I wasn't nervous as I really enjoyed it and would love to do it all again in 2025 as Ignite is a brilliant day and lots of fun.



Sui-Ling

Paul

Me

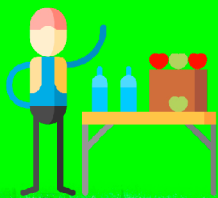
Working at the Monkey Cafe by Gemma



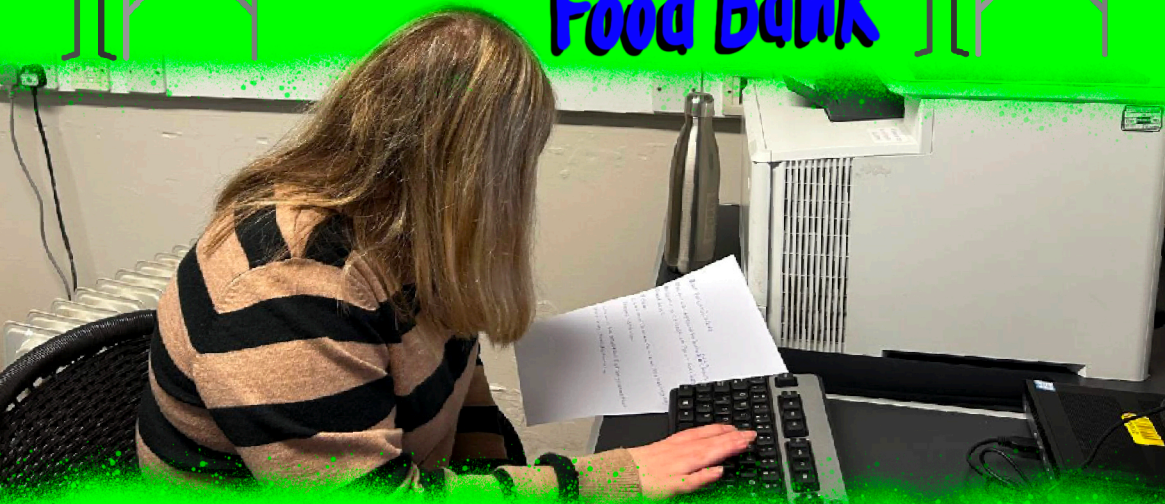
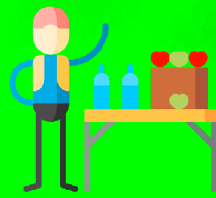
I started working at Monkey Park Café with MacIntyre alongside people from all three LLL hubs. I really enjoy the group. I take part in making the soup and we all work together as a team. Sometimes we invite other people from the community to try our soup and have a chat. They think this is amazing. We all have a chat at the end of the day to say what has worked and what we could make better. From working there on a

Tuesday I also asked if I could volunteer in the Café. I volunteer in the café on a Wednesday and I really enjoy it. I have a responsibility in the kitchen and I make the soup on my own from start to finish. I do baking as well. I make shortbread and cookies. I serve behind the counter and the till. I take pots in the kitchen from the tables when the customers have finished with them. I also wipe down tables when customers have finished with them. I love working at the Monkey cafe!





Olivia at the Food Bank



Our LLL Hub at Macintyre are setting up a food bank. We had a talk about what type of things food banks might need. I typed up the letter for our group about what donations are needed. We have already collected some donations and are hoping to get lots more. We are working with Chesterfield Food Bank. We have only just started our group so I'm looking forward to doing lots more.



Jess goes to art class.



I was asked by Kathryn Yates to help her interview four people for the role of community ambassador in a room at the old school. I agreed to help her and we spent the day doing interviews together. It was so much fun. A couple of days later Kathryn phoned me and asked me what I wanted to do with the money I would get from the interviews. I didn't know what I wanted to do so I spoke to Pete about it and he suggested we could put the money into doing an art class. Pete spoke to a local artist called Cameron Brown on my behalf and arranged a workshop for our friendship group. The reason why I wanted to do an art class with Cameron is that we have an exhibition coming up soon and we needed to create some artwork for it. I felt proud to have got the funds together to put on an art class on. it was an amazing session and it was so much fun to learn new techniques and to create our portraits for our art exhibition.





Litter Picking with The Parks Trust By Sui-Ling



Our community connectors at MacIntyre in MK organised a litter pick in Teardrop Lakes which is a Park right next to our office. They asked me if I would like to join in and of course, you know I said yes. I already go out litter picking with my partner in our spare time and think it is really important to keep the areas where we live clean and tidy. I turned up on the day with my P.A, Paul. There were over 40 volunteers and rangers from The Parks Trust that had already arrived. The rangers gave us all litter picking tools and a black bag and we set to work. I was surprised to find there was very little litter in the park so the Parks Trust must be doing a good job. Outside the park was a different story and there was lots of litter on our walk back to the office. It made me think we need litter picking schemes in all areas not just parks. I would like to organise one in the future...so watch this space!





Gardening in the community with Lewis and Sarah.



Lewis
Sarah




MacIntyre Great Communities, in Warrington, alongside our fantastic group known as The Garden Gang, have been working at The Old School and have just completed their biggest project. For us, this has been the most rewarding and ambitious project to date!

For those of you who know us or even those of you who don't; we are passionate about recycling, reusing and repurposing everything we can to enhance our surroundings in the concrete playground of the school. Now everyone's gardening skills are advancing their gardening skills and their enthusiasm for growing even more vegetables and flowers! So, it was time to progress from our original mini propagator (which was built using recycled wood and 80 milk bottles!)




Last year we began building work benches and a huge greenhouse! True to form, when construction began, we scoured Warrington for unwanted pallets from every source possible. Local companies and our community; they dropped-off bits of wood they no longer needed. We piled and piled until we had enough!






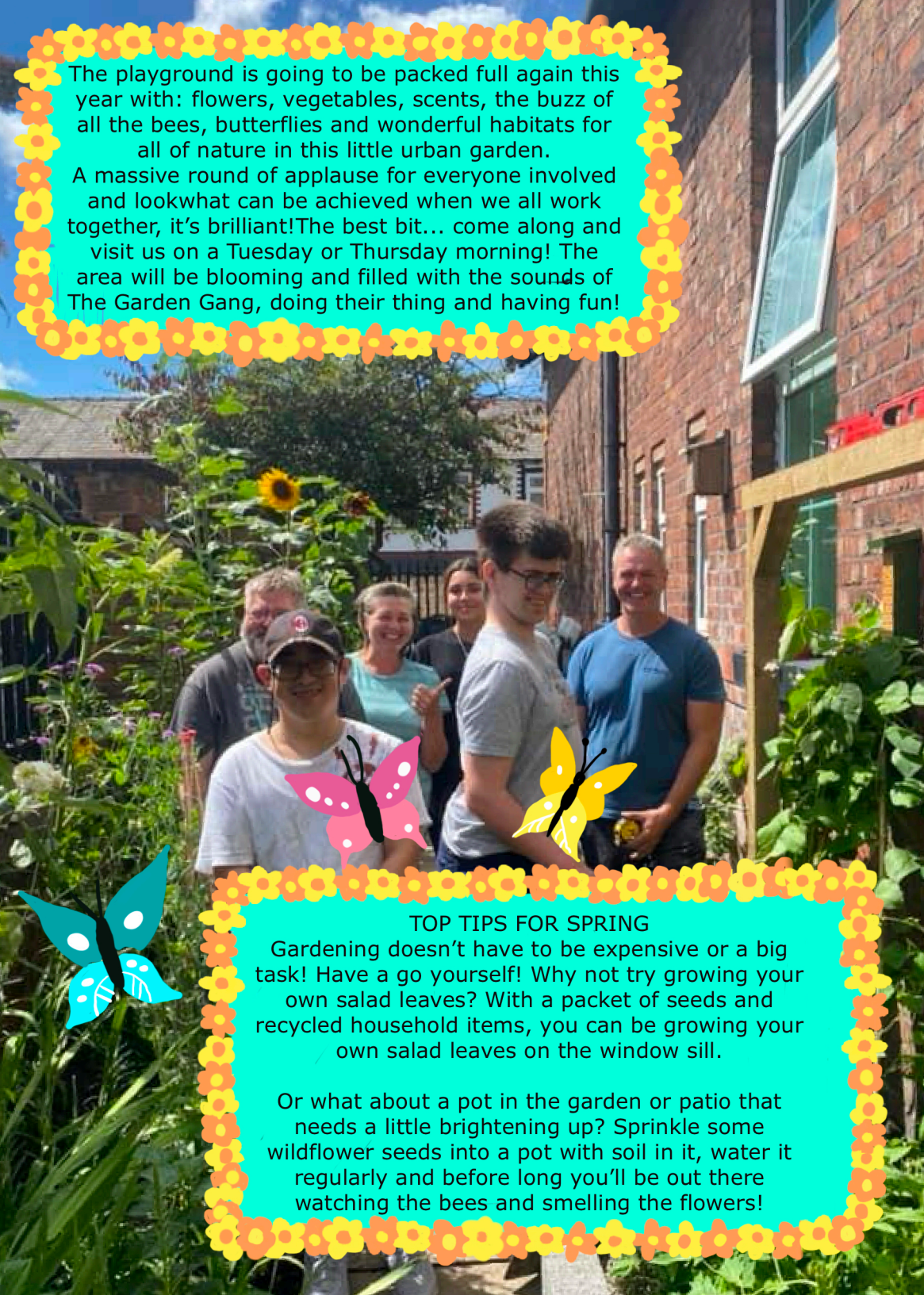
We've: spent lots of hours, pulled pallets apart, sawed, hammered, dug-up tarmac, laughed, had fun, learned new skills and made more mess than we thought we would before finally starting.



The huge greenhouse is made entirely out of recycled wood. With the generous donations from a local charity, The Rotary Warrington, we were able to buy the hoops, cover and pots and trays that were much needed.



We now have a beautiful and practical work area with more space than we ever imagined. Of course, with our usual excitement, this means that the list of plants everyone wants to grow is growing daily! We have now started our growing season with: sweet peas, tomatoes, herbs and more flowers. As always, we are still recycling everything we can and you'll notice in the pictures, we use: yoghurt pots, washing-up liquid bottles, toilet rolls. We even make our own plant markers from plastic bottles and more.

A group of five people, including three men and two women, are standing in a lush garden. They are smiling and looking towards the camera. The garden is filled with various plants, including tall sunflowers and leafy greens. In the background, there is a brick building with a window. The entire image is framed by a decorative border of yellow and orange flowers.

The playground is going to be packed full again this year with: flowers, vegetables, scents, the buzz of all the bees, butterflies and wonderful habitats for all of nature in this little urban garden.

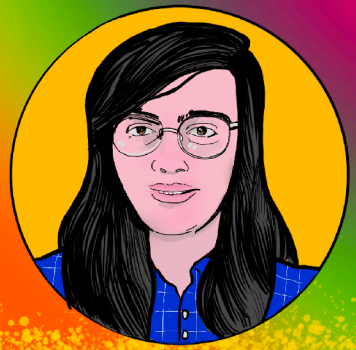
A massive round of applause for everyone involved and look what can be achieved when we all work together, it's brilliant! The best bit... come along and visit us on a Tuesday or Thursday morning! The area will be blooming and filled with the sounds of The Garden Gang, doing their thing and having fun!

Three cartoon butterflies are positioned around the central text box. A blue butterfly with white spots is on the left. A pink butterfly with white spots is in the middle. A yellow butterfly with black spots is on the right. They are all facing towards the center.

TOP TIPS FOR SPRING

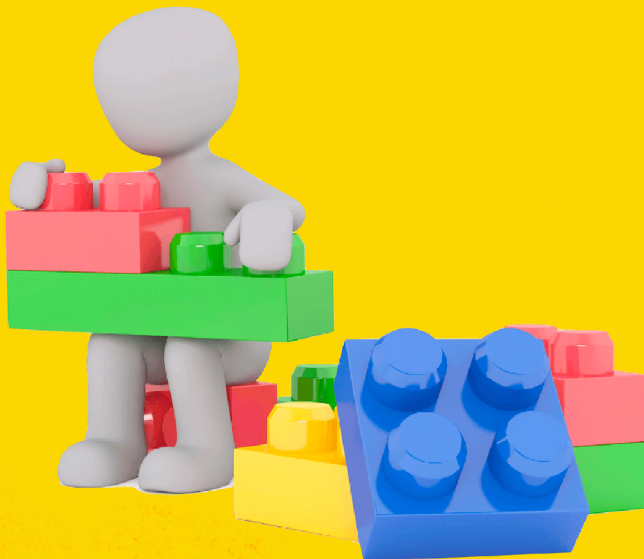
Gardening doesn't have to be expensive or a big task! Have a go yourself! Why not try growing your own salad leaves? With a packet of seeds and recycled household items, you can be growing your own salad leaves on the window sill.

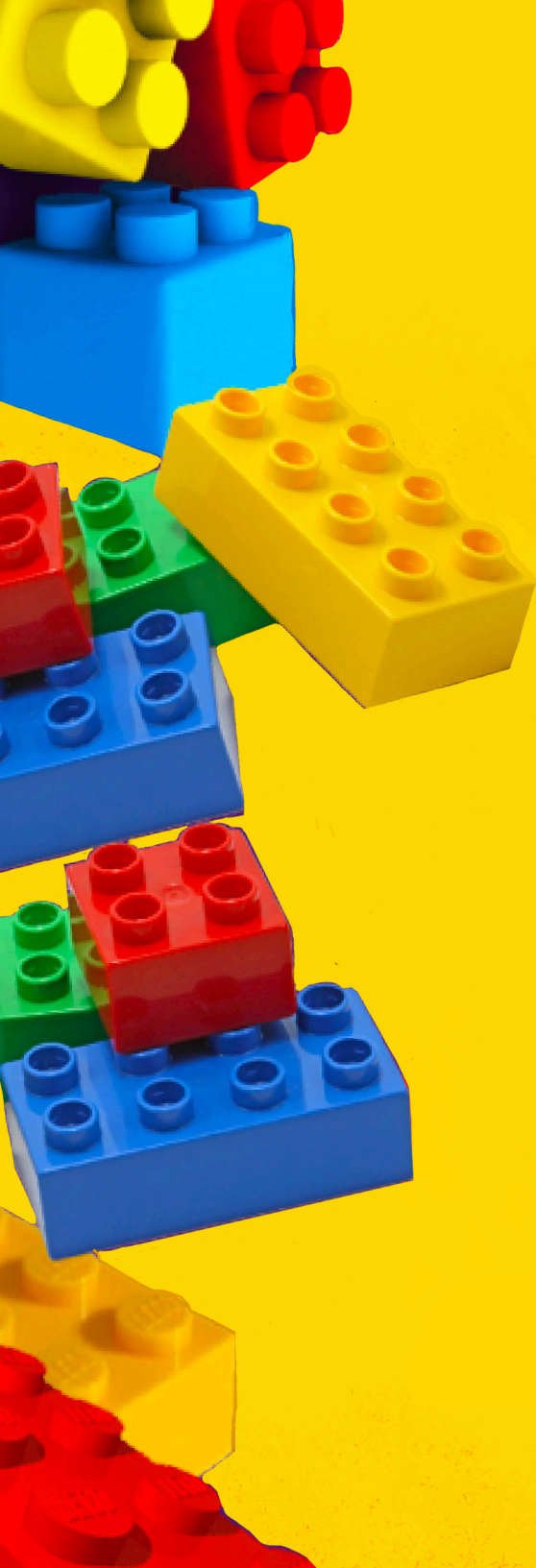
Or what about a pot in the garden or patio that needs a little brightening up? Sprinkle some wildflower seeds into a pot with soil in it, water it regularly and before long you'll be out there watching the bees and smelling the flowers!



THE AUTISM NETWORK with Jess Sutton

Hi! My name is Jess! I am MacIntyre's Autism and Self-Advocacy Lead, and I am an autistic person. I run the Autism Network Online, an online group for autistic people and people who want to learn about Autism to get together to learn and discuss with each other. It happens on the first Thursday of every month and everyone is welcome! You can sign up on the events section of the MacIntyre website. Recently we have been looking at LEGO Therapy in the Autism Network.

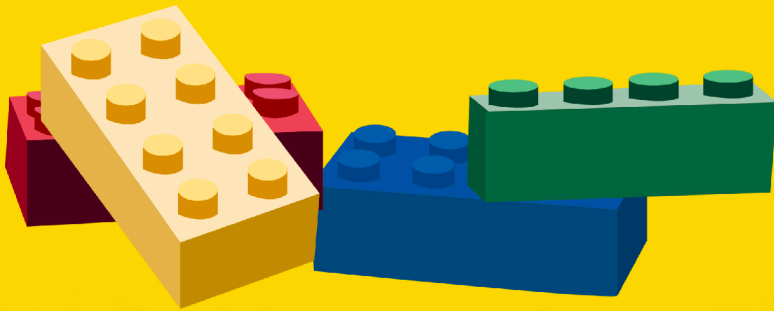




LEGO Therapy is a form of structured group therapy that can be used to develop teamwork skills, attention skills and problem-solving skills. LEGO Therapy can also be a therapeutic therapy as a form of anxiety-reduction, self-expression, relaxation and mindfulness.

In structured LEGO Therapy everyone taking part is split into groups of three and each person gets one of three roles:

- Engineer – Describes what the build should look like and what bricks are needed to build it.
- Supplier – Finds the bricks the engineer describes and gives them to the builder.
- Builder – Builds what the engineer describes using the bricks given to them by the supplier.



The goal is to work together in your group as a team to complete the task by working within your assigned role. You might be given a goal such as "Create something that represents the feeling of happiness", "Create a vehicle for penguins." or "Design an animal that can live underwater and fly." or you might set your own goal. You can spend up to 30 minutes on each goal you do.

You must only describe things. You can't point to things, ask for things or show them to your partners if it is not your job to do so. You need to work together to create your vision! Relaxing LEGO Therapy is less structured. You can relax by making things that you like or building patterns. You can build sets of things you enjoy too, like Star Wars, cars, flowers, buildings, superheroes and even things from TV shows like the café from Friends. Studies have shown that singular focus of mind required to build with LEGO, especially to follow set instructions, helps with relaxation. Give LEGO Therapy a try!



Scan this code to sign up for our next Autism Network meeting. It would be great to see you there.



WELL BEING



On Tuesday mornings I go out as part of a coffee group into different cafes around my area. One Tuesday we went into the local Costa café because the group went out later than normal. I saw my nephew Richard. I haven't seen Richard for 20 years. It was a wonderful surprise. I also met his wife and his two children. I found out he works in a school near an airport for people with special needs. He also told me that the console we played on as kids he now uses in the school and they love it. I am hoping to see him again soon, and get some photos of us together next time.



TAKE 
NOTICE

*Andrew goes out for
coffee, takes notice,
and gets a nice surprise...*



WELL BEING

Leannnder takes notice on holiday...

Being able to get away on holiday makes me feel happy. I went to Nature Land at Skegness and went on the arcades and saw the animals. The penguins were my favourite and were really cute. They are my favourite animal. When I go to Kent I love to go on walks with my Mum and Dad. I like to throw stones in the water and watch them ripple. Also when I was down in Kent I found a street sign with my name on it, it was called 'Leander Close'. This made me so happy. I love to go to the Botanical Gardens in Buxton. I like watching the water features and looking at and smelling all the different plants. Take notice of your surroundings and you never know what you might see!



LEANDER CLOSE

TAKE 
NOTICE



The Mag



JustGiving



The Mag is free for everyone at MacIntyre but if you would like to donate anything you can afford to help us cover our costs, please scan the code above. We will give you a shout out in a future issue.

The Mag team

A cartoon illustration of a person with long brown hair, wearing a yellow shirt, sitting and reading a book. The book is titled 'The Way' and has a colorful cover. The person is holding the book with both hands. The background is a solid yellow circle.

What's inside?



...And much more !

macintyrethemag.org