

The Mag



MacIntyre

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Issue five 2025

The Mag's own Max
Hosts the Marjorie
Newton Wright awards.



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



The Mag Group



The Mag

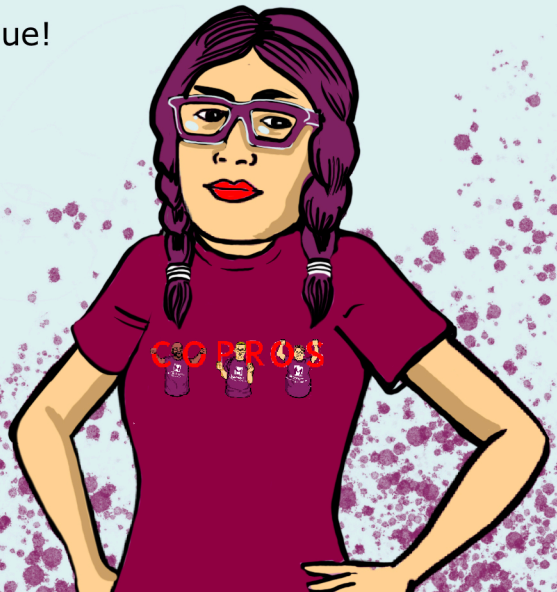


Welcome to The Mag

Hello and Welcome to issue five of The Mag. This issue contains articles about the exciting things that have been going on across MacIntyre. Check out my story about The Bake Off which happened in Milton Keynes which was lots of fun. We have lots of wellbeing stories from all over the country including an article from first-time Mag writer Sohail about his love of Football. We have the first part of a story from Nathan about accessibility on planes which is a great read. James also takes us to space in an amazing tale about Jess: Fighter For Earth and there's much more!

We hope you enjoy the issue!

Sui-Ling



**Max wows
crowd at
Awards
ceremony !**



Scott Twycross sits down with the amazing Max Smith who bought the house down presenting at the Marjorie Newton Wright Awards back in June...

Max, how was that gig?

The gig went well, very well indeed. I did so well with the funny jokes and did some other things, like showing who the awards went to.

You took it all in your stride, you seem like a natural on stage.

Indeed I am. I've done stage things before like in the plays with FTM Dance and did shows at Homefield. I always play the villain at the Christmas Panto, but hopefully I'll play a hero next time.

What's your secret to staying calm under pressure, cool on stage?

I'm not scared of anything. If I fluffed my lines on stage I would say who needs lines anyway and just do my own thing.

Do you think you have made some new fans after that gig Max?

Of course.. of course I have some new fans. I made friends greeting people and welcoming winners and runner-ups on the stage. I have a big voice too.

If you could add any award to the MacIntyre Awards, what would it be?

Hard to say it, but.. maybe the ones who made the best cakes.
Like a taste test?

Do you think we could bring a Sui-Ling and Max Show to next year's MacIntyre Awards?

Indeed, because they need to find out more information about how we make the videos and newsletters, as well as other people on the show.

When can we expect the next dose of Max Smith, either in person or in video?

I will be in the Sui-Ling Show soon. Scott's already made the Behind the Scenes of me on the stage, and is going to be shared soon.





Rory's Stories.



The 5th Anniversary of Rory's Cycling Social

What is Cycling Social ?

Rory's Cycling Social is a community bike riding session which is held throughout spring until October once a month on a Friday. We meet at the Old School in Warrington and we set off on our bike ride and finish off with a coffee and cake. Cycling Social is ran by myself as lead with the support of Pete Connor.

History

Cycling Social started out in 2020 during the first lockdown. I started exercising indoors but soon got bored of this so started cycling outdoors. At this time I was furloughed from my original paid job at Debenhams. I was then made redundant twice during that time which made me feel sad. I enjoyed cycling during lockdown as we had nice weather for it and also explored new routes around Warrington where I had never been on my bike before and I loved doing scenic routes .

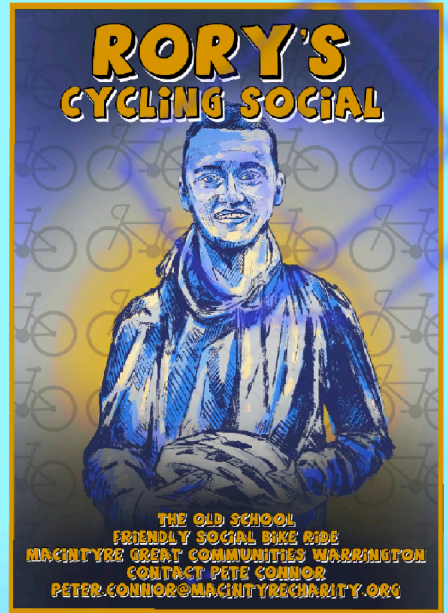


Present Day

Cycling Social is still going strong today as new members and also regulars join too. It gives them adventure and also an opportunity to be active and socialise and we also enjoy a hot drink and a cake at coffee shops along the way.

Celebration

To Celebrate 5 years of Cycling Social we are going on a long bike ride and to finish off we will be having a pub lunch at the Little Manor in Thelwall.





**The
Sui-Ling
Show**

At the Bake Off!

On the 3rd of July we had a Bake Sale at Central. We had three judges, Az Hollywood, Lisa from Decafe and Ria from Unity MK.

People from MacIntyre made cakes to enter into the competition. There was loads of nice cakes. The winner was Elaine Forbes who made an amazing Eton Mess cake. I was there to do a Sui-Ling show. I interviewed the Judges, the winner and staff from Unity. The Bake sale was to raise money for Unity MK who work with the homeless. It is important to me to help homeless people because they don't have the things that we have. Earlier this year we had a meeting with Unity and we planned some projects including a donation station, joining in with The Big Sleepout and The Bake Off.



The Bake sale was to raise money for Unity MK who work with the homeless. It is important to me to help homeless people because they don't have the things that we have. Earlier this year we had a meeting with Unity and we planned some projects including a donation station, joining in with The Big Sleepout and The Bake Off. It was an amazing day which raised over £300 for Unity. Check out The Bake Off episode of The Sui-Ling Show by scanning the QR code below. See you next time.

Sui-Ling



Scan this link to see my show about the Bake Off.



In this issue Mag Writer Nathan begins a four part article about his experiences visiting airports and flying..

The Bird's-eye view to accessibility .

In the airports around the world, as a man who's been traveling since I was young, I've had a wide and varied collection of experiences. Over the past 15 years I've been asking myself the big question of how accessible are airports, aircrafts and the path to and from them, are for people with disabilities?

Booking Online

I personally believe online booking to be the future, however I do think there are many possible drawbacks for people who are not familiar with the process. With no tutorials or instructions on the site this process becomes a lot harder. Some airlines have an accessibility travel section on which outlines the services that airlines can offer. After doing some research on a popular airline's website, the only page that failed to load was the accessibility travel section. This same page used light grey writing on a bright white background which can be difficult to read if your sight is impaired . Once you've looked at the limited information which they provide there is a phone number provided. This can lead to information being repeated and personal details being disclosed to a stranger just to receive the adequate help. In my opinion I don't think is the best way to do it as someone who cannot use the phone due to a condition may have no other way of gaining the information that they require..



Checking in

When it comes to checking in for a flight I prefer doing this online because it saves time at the airport. I put my bags in the bag drop and check my wheelchair in at the special assistance desk at which I have my details checked for a second time. In addition staff will ask me about my equipment and level of mobility and degree of support I require to gain access to the aircraft .



Security

SECURITY



When passengers with additional support needs present themselves at border security they can, if stated on their boarding card can use the priority line. This speeds them through the security process and reduces waiting times in narrow and crowded spaces which I personally find very helpful. If your boarding card does not state this service is available it could lead to anxiety for those who then have to go through narrow and crowded spaces . At the accessible security I am swabbed separately to all other passengers which is due to the fact that I am seated and cannot go through the metal detector. Swabbed means that the staff get white disk on a stick and rub it gently over your body and then the sample is analysed by a machine. This search is often performed by an officer of the same gender as the passenger, unless requested otherwise.

Boarding the aircraft

Most of the time you must find your own boarding gate for the plane, some require a bus or shuttle to the aircraft, to find this information you have to look at the boarding gate boarding screens, this can be challenging as they change frequently and are only written in one format which is letters. Upon request you can get a special assistant to be with you throughout the whole process as they are trained to work with all abilities. Once boarding the aircraft I would be required to use an aisle seat which is unusable for me as I cannot sit on the seat in the required position due to my back. The seat is very narrow and low for someone as tall as me and is extremely uncomfortable and the footplate provided is far too small to put my feet on it properly. I suggest this is a problem that other passengers may face, however the staff do everything in their power to help you. I do wish there was a user-friendly piece of equipment as an alternative to having to be carried by my family which can be from one end of the aircraft to the other. I personally don't enjoy this as I don't like being lifted. There is also a significant risk of my parent falling which causes me severe anxiety.





When it comes to sitting in the seat this can be very difficult for me as I have to lift the armrest and slide into my seat which is not comfortable for me. I must say I do find the seats very uncomfortable to be in for a long time and there is often very little leg room to allow people to stretch out as they desire. A definite way to make life easier is to allow people with reduced mobility or additional needs to sit in the front seats of an aircraft which used to happen, however these days international laws and regulations dictate that passengers with needs may not sit in these seats if it is on an emergency exit row. These must be kept clear at all times in case emergency evacuation is required. Frankly I do wish that airlines would adjust their policies about seating to ensure that all passengers have the best and comfortable experience while on board. I think this is an area that could be investigated in the future.

*Part Two
of A Birds-eye to
accessibility
next month...*

WELL BEING

Keeping the football faith with Sohail.

My name is Sohail Khalifa aka Leo. I am 34 years old and was born with a condition called Cerebellar Ataxia. My condition affects my movement and also my speech. Growing up with my condition has been frustrating at times but I have not let it affect what I would like to achieve. I am a very friendly and outgoing person. I love to have banter with people I feel comfortable with. My football interest started when I was 5 years old. I would kick the ball at the wall in my back garden. My idol was of course the one and only David Beckham. Growing up through my younger school years there wasn't really an option to play as part of a football team, that came in my teenage years. I didn't play in a football team at school although I played football with my friends. I did enjoy playing basketball at school and was part of a team and liked the tournaments. One time we got through to the final but unfortunately we didn't win. At college I really enjoyed playing football as part of a team and really enjoyed the tournaments.





BE ACTIVE



After my college years football seemed to die out for me as there wasn't really anything about that I knew of. I started a group called values where I started playing again. It was indoor but I didn't mind as I was excited to get back into football. I did this for around a year when staff that worked for values had concerns about my balance and eventually changed my sessions to walking football. I didn't agree with this but gave it a go, but eventually decided to stop attending the group. I then went and volunteered at a food bank. I did this for a couple of years. By this time I was at the age of 32 and decided it was time to retire from playing football. My passion for football wasn't over I thought hard about what I can do to still be involved. I realised that there wasn't much about for vulnerable adults and decided I wanted to try and run a football team where everybody of different ages, abilities and cultures could come and enjoy kicking a ball around. This is where it all began.

WELL BEING

JESS WALKS FOR THE HALLIWELL JONES FOUNDATION



In July I did a walk called the family mile at Victoria Park in Warrington to raise money to support the Halliwell Jones Foundation in Warrington. The walk started at 11am and finished just after 12. The mayor rang a bell to start the walk and a lady called Claire led everyone in a bit of a warm up routine before the walk started. Sports brand Asics had a tent set up with a spin the wheel where you could win various prizes from hand clappers, Yo-Yo's, bubbles, keyrings and water bottles. Warrington Wolves mascot Wolfie was even in attendance and so was the police mascot. Everyone that took part got a goodie bag and inside was various vouchers, a medal and a ticket to attend Warrington Wolves vs Catalan Dragons.





It was a great morning of exercising and having fun with friends. There was music playing throughout and also people in the stands cheering us. There were marshalls all throughout the walk so we all knew the way to go. It was a great event to be a part of and we all had fun. We even got given water bottles and fruit at the end of the walk. There was lots of families that took part in the walk and some that had dogs with them. There was an Ice cream van and also a fire engine that turned up at the end. It was lovely seeing everyone getting together to support an amazing and also local charity.



WELL
BEING

ANDREW GOES TO EYAM



I went to Eyam to find out what happened when the plague came and how it got there. Rats that came off ships had fleas on them that carried the plague. The fleas jumped from the rats onto the cloth that travelled to Eyam. In 1665 George Viccars the tailors assistant spread the cloth out to dry and spotted the fleas, after a few days he died.

KEEP
LEARNING





Eyam became isolated to stop people coming in and out and spreading the disease. They had a boundary stone for trading goods. People placed the goods on the stone and the people of Eyam would put coins into the holes that had vinegar in them to keep them clean. Altogether 260 people died in Eyam from 76 families.



**WELL
BEING**

**GOOD
OFSTED
RATING**

**MATLOCK BATH
preschool**

**CHARLOTTE
HELPS AT PLAY GROUP**

On Tuesday mornings I go to Matlock Bath Play Group. I have to help put the water in the children's water bottles. I also help Sarah to get the plates and cups for snacks. I also do some photocopying of things like colouring pictures for the children and some things for Sarah. On a Thursday morning I go to St Thomas Church. I do Tots Time. Joy sets me the craft up and then I am left in charge to do it. I enjoy working at the preschool.

GIVE



A young woman with blonde hair in a wheelchair, wearing a light blue hoodie and sunglasses, is feeding a grey donkey. She is holding a red container. Another donkey is visible in the background. The scene is outdoors in a grassy paddock with a wooden fence.

**WELL
BEING**

**LEANN
VISITS THE
DONKEYS**

I visited Radcliffe Donkey Sanctuary because I hadn't been there before and I really like donkeys. For 24 years they have rescued donkeys and given them a new home for the rest of their lives. Rocky was my favourite donkey and because he is new he isn't up for adoption yet. When he is up for adoption I will adopt him. Rocky didn't like to have much fuss he was too busy eating but the other donkeys like to have a fuss. I was able to buy a bucket of carrots to feed the donkeys and then refill it as many times as I wanted to feed the rest.

If you want to adopt a donkey or visit the sanctuary, it is Radcliffe Donkey Sanctuary in Huttoft.

A young woman in a wheelchair is feeding several donkeys in a paddock. She is holding a red container. The donkeys are of various colors, including brown, grey, and white. The scene is outdoors in a grassy paddock with a wooden fence and a wooden building in the background.

**TAKE
NOTICE**

TAKE
NOTICE



WELL
BEING

SHARON GOES SNOOKER LOOPY

On Good Friday, 18th April, I had the opportunity to meet the snooker players and get some selfies. Most of the snooker players and the trophies were outside the Crucible for people to take photos and meet and greet. I took a few selfies and even saw my favourite player Ronnie O'Sullivan but unfortunately the security had to take control because he was getting too crowded.

I really enjoyed meeting the players because I haven't had the opportunity to meet them before.



**WELL
BEING**

TRAETH DÔLWEN
DÔLWEN BEACH

SARAVINA CHILLAXES IN WALES

I went on holiday to West Wales with my Mum, Dad and 2 dogs in our caravan. We went to Cardigan Bay shopping. We visited a farm with horses, pigs, donkeys and alpacas. We went out on a boat trip to see some dolphins and I was really excited. I went on a steam train to visit a shopping village. I had fish and chips, scampi and some homemade food by Mum. We also had ice-cream! It was very relaxing and I felt very chilled!



WELL BEING



**OLIVIA
ON TOUR**

We flew from Manchester Airport to Malta. We sailed on the Azura cruise ship up the Italian coast to Corsica. We visited Florence, Civitavecchia and Naples. We flew home from Malta to Manchester. We saw musical shows. We had lovely weather. We played deck quois, table tennis and shuffleboard. We watched some of Moana 2 the deck. We had lovely food and made friends.



JESS: FIGHTER FOR EARTH BY JAMES

Born of war, Jess was a fighter for Earth against alien invaders from many outer worlds in every Universe. Years passed as war raged on and Earth formed the [ESS]- Earth Security Service headed by Jess. Finally their work ended this war by forming a planetary alliance. The agreement was to become allies and not enemies. After an era of peace time, Jess had a thirst to fight out in the Universe. She headed out in a light speed rocket to the outer planets where fighting still took place.

Jess helped the weaker races and one day she was badly injured in an explosion. Suffering from major memory loss she forgot her old life and started working as a star trooper protecting the families in the local community.



**EXCITING
SCI-FI
ACTION!**

Her fighting spirit was gone and a caring, gentle feeling had replaced it. Jess started to have flashbacks of her former life and now she had a choice to make. On hearing the ESS was failing to keep law and order, she decided to return home and try and bring peace back to her planet and people, not through fighting but through caring for one another.

Jess's home planet was happy and safe and a statue was erected in her name. She died of old age but a hero in their eyes. They would never forget what she did for her planet and its people.

THE END





QUIZ TIME!!!

WITH JEMMA

In this issue Jemma tests your knowledge of food hygiene...

Question 1: What type of food is the white board used for preparing?

Question 2: What type of food is the brown board used for preparing?

Question 3: What type of food is the purple board used for preparing?

Question 4: What type of food is the red board used for preparing?

Question 5: What is the blue board used for preparing?





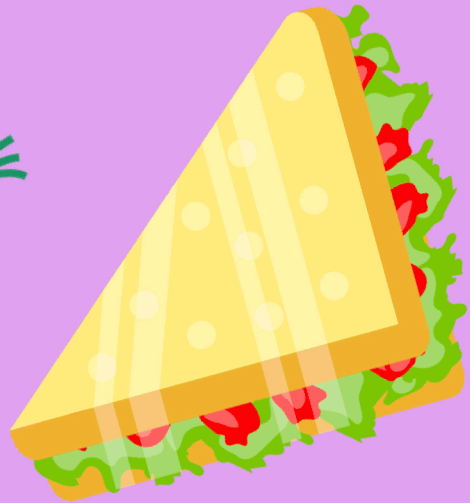
Question 6: What temperature do you reheat food to?

Question 7: True Or False- Raw chicken should be put on the top shelf of the fridge.

Question 8- Where do you put knives when they are ready to be washed?

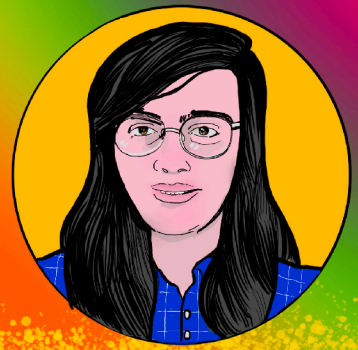
Question 9- If when checking the cupboard you find the food is out of date what do you do?

Question 10 What two things do you do when you enter the kitchen to prepare food ?



Turn upside down for answers-

1-Baked goods 2- Vegetables 3- Gluten free 4- 75c and over
5- Raw meat 6- Raw fish 7- False 8- Near the top of the sink
9-Throw it away 10- Wash your hands and put an apron on



THE AUTISM NETWORK with Jess Sutton

Hi! My name is Jess, and I am the Autism and Self-Advocacy lead for MacIntyre. The Autism Network Online has changed a lot recently. We have decided the Network should happen every other month instead of every month. This is to give me time to make the Networks even better and to have more things at them like activities and work sheets. Our next Network will be on the 13th of October at 1pm on Zoom. We will be talking about how Autism is shown in TV shows, movies, books and more!





We are also getting ready for the MacIntyre Autism Special Interest Group. The special interest group is a big online event where we can get together to learn about autism from all kinds of people. The next special interest group will be about how Autism and mental health come together. It is at 9:30am on the 30th of September on Zoom. It has been great learning about autism with everyone who has come to the network. I am excited to keep learning, and I am looking forward to getting to know even more of you. I hope to see you there!



The Mag



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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

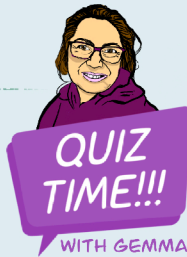
The Mag



What's inside?



**THE AUTISM
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...And much more !

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