



A Note From The Editor

Hi All, I hope you are all well.

Summer is finally here, and we have lots to share with you as our Newsletter goes from 4 pages to 6! Don't forget to check out the photos from our Jubilee Party's photobooth.

Paul Smith
Project Officer

...

A Note From Our Leader

We have continued to move forward with the reopening with people returning and it's great to see some old faces.

It has been a mixed summer with some great events tinged with sadness. We have sadly had to say goodbye to some dear friends who have gone but never forgotten. Stephanie Dyer who enthralled with her stories and knitting, Suzanne Charlton who loved to dance and Alison McNeil who thought of everyone else before herself.

Alison Gilroy
Team Manager

Queen's Jubilee

On the 1st June we had a street styled party to mark the Queen's 70th Jubilee. Service users got involved with all the preparations for the big day, this included The Queen's Throne, Robe and Sceptre, Union Jack themed flowers and vases, Streamers, music, bunting and white, red, and blue cupcakes made from scratch! The day involved Jubilee Bingo, lots of picture opportunities, music through the years, a pinata, documentaries about the Queen's reign and a Jubilee cake. It was an incredible day had by all.



Jubilee Photobooth



Hawaiian Night *By Abby Grant & Laura Phillips*



We went to The British Legion to join them for their Hawaiian Night. The clients had a really good night, we had a few raffle winners and there was plenty of dancing.

We were very proud when Alan and Monica won the best dressed for the evening and won a prize (as seen in photo).



'I had a very nice time, it was good fun. Felt good to win 'Best Dressed'. I danced with everybody and the food was nice.'
-Alan McDougal

Digital Skills *By Karen Stevens*



Since becoming a Digital Champion I have been able to support our service users to learn some new skills using a range of technology. Laura especially enjoys the Music Making app and is really proud to record her work and let her friends listen to it.

Jayne has been working on a PowerPoint presentation about her art work.

This is something she asked me to support her with and I have also learnt new skills, while supporting her. We have been discovering new apps and learning how to use them.



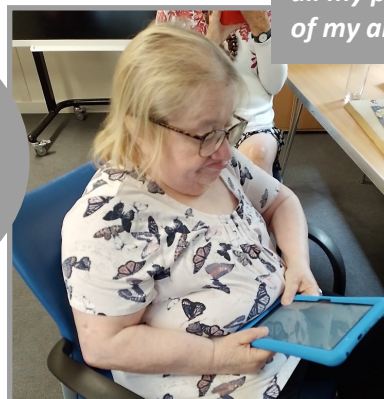
'Good! I have been able to play a game of searching for items which we did on the games zoom during lockdown.'

The presentation: it's nice to have all my work in one piece so I can show everyone what I have been doing and it's easy to find rather than having to scroll through all my photos, struggling to find a photo of my art work.' -Jayne Brookes



'(Making Music) I like it. I enjoy showing my friends what I have made'
-Laura O'Shea

'(Playing Bowling) Yeah nice! I've scored lots, I'm enjoying it.'
-Carol Moore



Watercress Line *By Abby Grant*

We went to The Watercress Line for a ride on the train, and for a spot of lunch. Roy kept making his excellent train impressions, and I would say "Oh no Roy, we've just missed another train" "...Roy found this hilarious 😊



'It was a good day, I liked eating in the train station café, and when we crossed over the train lines' - Loizos Fantousi



Basic Cooking *By Marie McGovern*

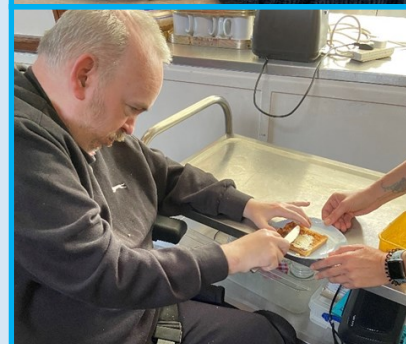
As part of the skills and independence sessions on Thursday, some of our service users have worked on kitchen safety and basic cooking. They have had the chance to use the microwave, oven, and toaster to make some easy treats and snacks to enjoy. Andrew was very happy and said he was proud of himself after he made his own jam on toast as he didn't think he'd be able to. He wasn't as happy about doing the washing up after though.

'I enjoyed making the mug cake best, especially eating it after, and I'm going to try it at home.' -Meg Henderson

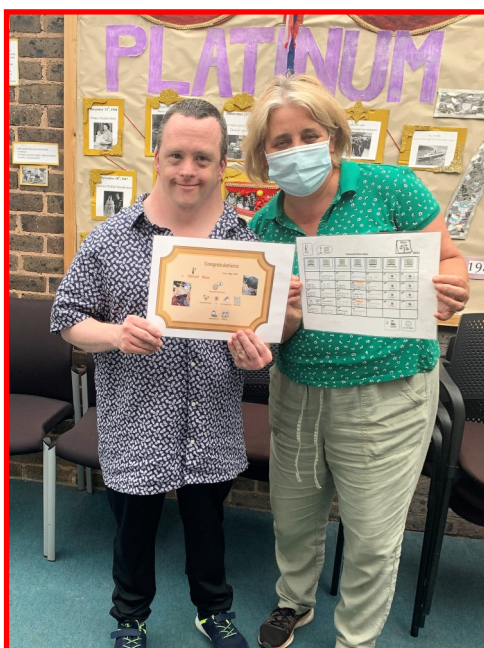


Richard turned out to be a master baker when we made crispy cakes. He showed everyone how to mix and add ingredients.

The group including Baljinder, Laura, and Catherine have enjoyed the sessions so far, even though they had the cleaning up after!



Promoting Independence *By Sue Skinner*



We are so proud of Sam, as he has been building his independence around his medication.

Sam comes to us in the office when his tablets are due, takes them out himself and signs his own daily record. Sam also keeps a running check on stock and knows when he needs to bring in more from home. Carole presented Sam with a certificate for his achievement.

UPDATE: Sam has become fully independent, as of 8th August.



The Queen's Baton Relay *By Marie McGovern*

On Wednesday 6th July Sam, Catherine, Wayne and Lynsey got the bus to Winchester to watch the Queens Baton Relay that is making its way around England before its final stop in Birmingham at the start of the Commonwealth Games. After a lovely walk through the parks, spotting some of the Winchester Hares on the way, we made our way to the Sports and Leisure Centre. Everyone enjoyed the community picnic and entertainment as well as speaking to the commentator at the event. Sam looked like he was about to take his job at one point and loved telling the crowd what sports he enjoys.

We cheered on the Queen's baton when it arrived and listened to the steel drum band before heading back to Sembal. Catherine said she really enjoyed the day and Lynsey said she loved it!



Tie Dye Art *Karen & Agi*

The Wednesday art group have been trying out a variety of new activities. The most popular one is tie dying which the group have been doing every six weeks. The group have been using a variety of techniques and learning how to do different designs. It is exciting because you never know how the items will turn out. The group have also chosen to do a variety of items for friends and family as gifts.



'I thought it was great, good fun. I really enjoyed it. A good end result.' - Malcolm Wort

'Good fun. Had help from my best buddy (Malcolm).' - Jack Sennet

'I enjoy doing a new activity. Seeing when it comes back it's interesting to see what it looks like. We have learned that when using different fabrics such as polystyrene it doesn't always work but we do different techniques.' - Sarah Parsons

'New experience! Good to design your own t-shirts. When you wear it, it looks good and I get loads of compliments, I feel proud. When we first started the process it was difficult but we are using different techniques such as spiral using a fork and using rocks to make a different design. I have made some for my friend who loves it. This is a fun activity.' — Shalinder Kaur

VoiceAbility

Busy People



Hello,
we are
Busy
People,

We are a group of adults with learning disabilities who speak up about important things.

Can YOU help us?



If you have a learning disability and live in Southampton we want to know how Annual Health Checks are working for you.

You can help us with our research by doing our survey. Visit: [Annual Health Check Survey by Busy People \(Page 1 of 3\) \(office.com\)](#)

We want to hear from everyone!

Please tell us if you need to answer in another way:



Email us at Nicola.bishop@voiceability.org



Call us on
07770 012 978

Safe Place Campaign

We're on a mission to make Southampton a safer city for all. Southampton is now part of the **National Safe Places Organisation Network**, an initiative that offers somewhere people can go if they feel scared, anxious or need help whilst out in public.

To help increase the number of Safe Places that we have in Southampton, we have been visiting shops and local businesses across the city to encourage more places to sign up.

If you ever need a Safe Place:

- Look for the sticker in the shop window
- Download the free 'Safe Places' app to find your nearest location
- Or visit the website: <https://lnkd.in/gQTxQUdt>

If you are a business and want to sign up, please contact us by emailing safeplace@southampton.gov.uk



Become a Safe Place for our residents and visitors

Email safeplace@southampton.gov.uk to register

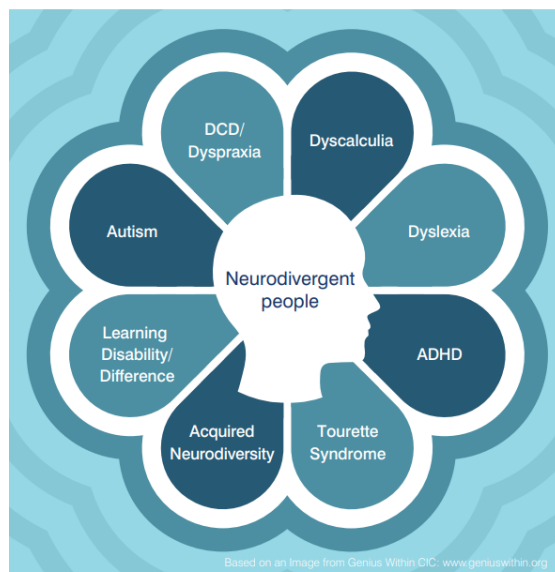


Solent Get Into Employment

Solent Get Into Employment is part funded by European Social Fund to support neurodivergent people who live in Southampton and surrounding Solent Region. This includes autism, ADHD, learning disabilities, learning differences, dyslexia, dyspraxia etc. To be eligible for the project an individual needs to be over 18 and be unemployed or economically inactive and live in Southampton or surrounding area.

Solent Get Into Employment

Supporting Neurodivergent people into work



Solent Get Into Employment

provides tailored, flexible 1:1 support to Neurodivergent people, including those who have Learning Disabilities/Differences and Autism, to gain and retain employment.

What support can we give?

- One to one support to get into employment
- Confidence building
- Employability Skills
- Work based training
- Preparation for work
- CV writing
- Support with interviews
- On the job support
- Ongoing support to stay in employment
- Building on your personal strengths and talents
- Working in partnership with employers

Who can we help?

- Neurodivergent People (including those with Learning Differences/Disabilities and Autism) who live in Southampton and are unemployed and looking for employment.

For further information contact Mandy Burdfield:
T: 078 5578 8139 E: mandy.burdfield@southampton.gov.uk



We are organising 2 fundraising events: **21st September at Woolston Community Centre & 30th September at Sembal House**. If you would like to make a donation, here is the link:
<https://thyg.uk/BUS007184507>



Many thanks to newsletter contributors:

Megan Curtis (*Development Officer*), Marie McGovern (*Development Officer*), Karen Stevens (*Development Officer*), Agi Campbell (*Development Officer*), Malcolm Wort (*Service User*), Jack Sennet (*Service User*), Sarah Parsons (*Service User*), Shalinder Kaur (*Service User*), Abby Grant (*Development Officer*), Laura Phillips (*Development Officer*), Alan McDougall (*Service User*), Laura O'Shea (*Service User*), Carol Moore (*Service User*), Jayne Brookes (*Service User*), Loizos Fantousi (*Service User*), Meg Henderson (*Service User*), Sue Skinner (*Project Officer*), Sam Moss (*Service User*), Martine van den Heuvel (*Service Development Officer, Integrated Commissioning Unit*), Samantha O'Dell (*Operational Manager, Employment Support Team*).

Newsletter Editor: Paul Smith Team Manager: Alison Gilroy

