



### A Note From The Editor

This issue we have gift wrapping, Christmas jumpers, and our Christmas Star for a fun packed, festive edition.

We also introduce our new Development Officers, go on the hunt for pumpkins and share with you our experience day out on the water.

Merry Christmas one and all!

Paul Smith  
Project Officer

### A Note From Our Leader

It has been another unusual year for us all getting to grips with the every changing rules and ensuring we stay safe.

I am pleased to say with so many people vaccinated this has enabled us to open the service to more people.

I am very proud of the Team and how they have adapted to the new ways of working. In recognition of this we were awarded Team of the Year in the City Council. I hope you have a great Break and we look forward to seeing you all in the New Year.

Alison Gilroy  
Team Manager

**Issue 15**  **TEAM OF THE YEAR WINNERS 2021 employee awards** **December 2021**

### Toy Appeal Gift Wrapping *Karen Stevens*

The wrapping has been a great success. It is the toy appeal for children in need so every child can wake up on Christmas morning to a gift to open. In partnership with Southampton City Council & West Quay and there are thousands of presents to wrap.

Our People have thoroughly enjoyed this and a lot of them have said they could have stayed all day to wrap the presents. I have heard staff and service users say that they thought of the children opening presents on Christmas morning which has made us all smile and feel like we are going something good.



### Christmas Jumper Day

# Merry Christmas



## Pumpkins for Halloween *By Taylor Smith-Jones*



Throughout the autumn, we went out to Pickwell Farm to go pumpkin picking. The responses from the group were amazing.

*'I picked mine myself, then I washed it. Taylor and Paul helped carve a ghost on mine'*  
- Neale Hudson



They were so excited, they all choose a wheelbarrow each then walked through the beautiful fields until they all were happy to stop. They all picked some pumpkin's walked back to the wheelbarrow and put them in.



They then went to wash the pumpkins, with a few splashes here and there, the laughter was great.

The following week, we carved the pumpkins. we went online and everyone choose what template they wanted on the pumpkin. We stuck the template on and then traced it on the pumpkin.

We then got some small carving tools to cut the template out. The service users loved getting their hands messy while digging the inside out.

*'I really enjoyed the pumpkin carving. I did an owl.'* - Ian Vivian



## Meet Marie



Hi, my name is Marie and I'm one of the new Development Officers at Southampton Day Services. I started in August and have so far had a fantastic time getting to know all the team and everyone who uses the service.

As part of our probation, I have worked with Megan to organise a Halloween project that ran for 6 weeks involving a trip to pick pumpkins, arts and crafts and learning about Halloween around the world. Everyone really enjoyed it and were very proud to display their artwork. We also organised a trip to a silent disco and all involved had a great time dancing to 80s classics, there was some great feedback from this activity, and we will definitely look into doing this again in the future.

I'm really looking forward to our next project, which is Christmas orientated, as it's my favourite time of year. I can't say too much as it's not quite Christmas yet and I don't want to give away what presents people are making for their loved ones!



The Wet Wheels speed boat sailing was an amazing experience. Everything was very well organised and safe. S/U and staff were given the chance to steer the boat under the supervision of the skipper. It was a thrilling and exciting feeling. We were passed by a few ferries heading to the Isle of Weight and the boat rocked heavily (for us landlubbers) on the waves made by them. At the end we witnessed a huge container ship being towed into the docks by tugs.

The crew of Wet Wheels were very helpful and friendly. They answered our questions about the passing landscapes and provided information about the boat.

I would like to use the opportunity to thank Carol Richardson for organizing it all, brilliant idea and execution.



'I enjoyed it, it was brilliant. My favourite part was steering it and wearing life jacket. It wasn't a James Bond speed boat. Skipper was good, at least we didn't fall over. I felt safe and I wouldn't mind doing it again, maybe in the summer.' – Gary Hiscock



'I was a little worried about it, but it was just brilliant, much better than I thought. It was a great idea to do it. I enjoyed the big waves from the ferry which made us go up and down. It was good watching the engines and the water spraying around. I did feel safe on the boat once I was on it. I never thought that we would go that fast. It was a great shout. Thank you Carol!.'

-Malcolm Wart



Remembrance Day Karen Stevens



The team in Garden view on Tuesdays decided to do a project on Remembrance day. The service users made poppies using clay, plastic bottle bottoms and tissue paper and produced a display on the war. They also learnt what each colour poppy represented. We also heard different war stories from different people. This included SP telling us her grandfather met King George VI and the Queen Mother. We also had a tribute to Sir Captain Tom Moore which included information about him and a picture painted of him and spitfires painted by AT and during remembrance week, the

'It was quiet and peaceful at the cenotaph. For the display I did lots of typing which I was pleased to do. I enjoyed it.'

-Lydney Lodwidge

guys went to the cenotaph and laid a wreath from all of us.



## Meet Megan



Hello, I'm Megan, one of the new Development Officers. I started at the end of July after graduating from the University of Southampton studying Education Studies. Working at Sembal the past couple of months have been incredible! I have had the opportunity to work with every service user whether this is creating masterpieces or going out into the community. Marie and I recently took part in a pumpkin picking project that lasted 6 weeks where we took a group out to pick pumpkins, learn Halloween traditions around the world, carve pumpkins and even bake some pumpkin recipes!

I currently run Planetarium: Discover The Sky Zoom session which takes place on a Tuesday at 3:20pm. I have absolutely loved doing these Zooms and the People who have attended have also seemed to love them too, with many reoccurring faces joining and some new ones over the past couple of weeks! We



have looked at: Elon Musk Space X, Is Pluto a planet? Space Debris and the Sun of which we then had a quiz on everything we have learnt. The last couple of weeks we have started going through every planet in the Solar System looking at how they're made, their terrain, some key facts and even looking at the sound planets make and what songs there are about planets. Every week I give the service users the opportunity to ask any questions they may have to find out for the following week as well as providing some 'interesting' or 'funny' news that has recently made the headlines. If you cannot make the zooms don't worry as they are also emailed to everyone weekly for people to look at. I am also part of the Digital Champions team as we upskill our people's digital skills.

**Fun Fact About Me:** *We recently had a new addition to the family, a pet parakeet named Charlie.*

I feel I have been welcomed gracefully by both the service users and staff and enjoy coming to Sembal every day to have fun, learn new things, support others, and create lifelong memories!

## Slimming Star!



A massive congratulations to our Emma who has been accessing Slimming World for 2 months now and not only has she lost just over a stone, she was this week's Slimmer of the Week. Well done!

## Bank Holiday Dates 2022

New Years Day: Monday 3rd January

Good Friday: Friday 15th April

Easter Monday: Monday 18th April

Early May: Monday 2nd May

Spring Bank Holiday: Thursday 2 June

Platinum Jubilee: Friday 3rd June

Summer Bank Holiday: Monday 29th August

Many thanks to newsletter contributors:

**Karen Stevens** Development Officer, **Taylor Smith-Jones** Development Officer, **Ian Vivian** Service User, **Neale Hudson** Service User, **Marie McGovern** Development Officer, **Agi Campbell** Development Officer, **Malcolm Wart** Service User, **Gary Hiscock** Service User, **Lynsey Lodwidge** Service User, **Megan Curtis** Development Officer.

**Newsletter Editor:** Paul Smith **Team Manager:** Alison Gilroy

## SDS Active Lives: Bringing People Together

