



A Note From The Editor
 Welcome to Issue No.16!
 We have a visit from The Mayor, new session: SoCo Music Project, the return of badminton and somebody turning 60!
 Enjoy!

Paul Smith
 Project Officer

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A Note From Our Leader
 It has been an eventful 1st quarter. As we slowly start to open up people have had opportunities to get back out into the community and look at rebuilding lost skills and confidence. It has been a difficult two years and I feel we are not yet out of the woods so we will continue to open up slowly and to ensure that we protect the people who attend our service to the best of our ability. If you are at all concerned please do not hesitate to contact us.

Alison Gilroy
 Team Manager

A Visit From The Mayor

On Wednesday 6th April we had a visit from the mayor.

He came to see the shed that was designed and created by MW. He spent time with him and listened to him talking about the shed project.

He then came in for tea with us and we had a lovely conversation with him about what he does as a mayor, what his charities are and about what we do here at day services. He was very interested in the activities that we do at the day service and spent time talking to everyone and listening to what they wanted to ask him or tell him.

'It was a nice experience, he was very friendly and spoke about what he does as a mayor. He answered our questions well. He didn't mind what we asked. He thought I was 34! I was pleased he brought cakes for us which was very kind. He spoke to everyone and he didn't rush and allowed us to take time to speak to him.'

-Shalinder Kaur



"He was quite amazed when he first saw the shed because he's never seen a shed look like that, he reckons it should be displayed in an art gallery. I felt honoured and excited that he was here and wanted to come and see my shed. He was asking what paint was used did we need specialist paint but I

just used acrylics and then varnished it to protect the pictures. He knew what the pictures were.

We loved the cakes especially the Victoria sponge which is my favourite!

He watched a slide show of the pictures of us doing the shed project

so he able to see the shed project stage by stage. He reckons if we sold it we would get lots of money for the shed. I would use this money for a new shed and buy some more cakes for everyone!"

- Malcolm Wort

Happy 60th Gary! Marie McGovern



GH had a fantastic day for his 60th today. Started with presents then a visit to Yates for breakfast and GH beating me at pool (it was a very close game!!!).

GH visited the Saints store on the way back and treated himself to a diary before enjoying his birthday cake this afternoon and a good old sing along.



"It was great I liked having breakfast at Yates the best it was bacon, eggs, mushrooms, beans and sausage and I had latte. I liked beating Marie at pool too when we went to Rocket Ronnies. I will have to beat the other staff next."

Badminton is BACK! Laura Phillips

In February, we returned to playing badminton at Bitterne Leisure Centre. Two years have passed since we last played but you would not have thought that when watching the guys play, it was like they had a week off! They remembered footwork, technique and those cheeky little just over the net shots. We welcomed back Pete (volunteer), who helps during the sessions and is an excellent motivator! Sue (coach) has also popped in a couple of times and played some games with Matthew and Gillian, she really got them moving but they put in some excellent shots as well!

Since we have returned everybody has improved, so much so, some weeks I can't award the star player trophy, they were all just too good. They have even mentioned that they would like to do competitions again, so watch this space!



Meet Issy

Hello, I'm Issy. I'm one of the new Development Officers. I started in January, and I am really enjoying my time here. Every day is so different, and I've had so many positive experiences and opportunities already, including trips into the community such as Bingo and bowling along with a wide range of centre-based activities. Some of these include making Valentine's Day bottles, Makaton Mondays and our Mother's Day gifts project. I have also had the chance to undertake 'Digital Champion' training which opens opportunity for our people to learn new skills around various forms of technology. This could be anything from supporting them to play online games, setting up a Facebook account or ordering a shopping delivery.

I have started running music sessions on a Friday afternoon where I bring in my guitar and it gives the service users a chance to explore their vocals if they want to, have a boogie and see some live music. There is opportunity for all service users of the centre to join and experience this collectively which is lovely.



So far, I have built some great memories and I'm grateful for everyone making me feel like part of the team and I'm excited to see what's next!

SoCo Music Project *Issy Sommers*

One of the most recent projects I have taken part in is 'SoCo Music' which on their website describes themselves as the following: "SoCo Music Project is a music charity that works with people across the city to support wellbeing and progression, providing creative activities, learning programmes and performance opportunities for people of all abilities." It's a very inclusive company which allows service users to explore all their senses and enables them to experience music in whichever way works best for them.



Currently, we are meeting on Thursday mornings and writing a song about spring, which everyone has collaborated with and had the opportunity to bring in their own ideas. We have decided to sing about the first grass cut of the year, the flowers that appear and the easter bunny bringing big easter eggs! Everyone is enthusiastic about the sessions and it's an exciting social occasion for those who have been apart due to lockdown.

'It's fun going and I look forward to seeing my friends from Sembal'

-Emma Harder



Road Awareness *Megan Curtis*



Over the past 9 weeks Lynsey, Gillian and Sam have been learning about the importance of road awareness. We have looked at crossings, road safety, bus safety, train safety, obstructions and external factors and taxi

safety. With a mixture of theory and practice the guys have done an incredible job and are now able to identify different crossings and have a better understanding of road safety. We went on 2 trips during this 9-week session, a train from Southampton Central Station to Eastleigh Station and the number 17 bus to Weston Shore from Southampton Central and back again.



Ladies Days Out

Abby Grant



We went over to Millbrook Bowl, as we have had a few games of bowling already we decided to go for a game of pool.

Emma enjoyed the game, which took a very long time to finish, as she was the winner!

Emma said it was "Brilliant"

We've also had a trip to the cinema.



Sewing Projects *Jane Carter*



'This is the best sewing project I have ever done , It is also the most difficult project! But I am really enjoying the challenge and feel very pleased with myself when I accomplish something new.'
-Jayne Brooks



'I love doing sewing and learning new things. I can sew on a button now.'

-Carol Moore

Many thanks to newsletter contributors:

Karen Stevens, Development Officer. **Shalinder Kaur**, Service User. **Malcolm Wart**, Service User. **Marie McGovern**, Development Officer. **Gary Hiscock**, Service User. **Laura Phillips**, Development Officer. **Issy Somers**, Development Officer. **Emma Harder**, Service User. **Megan Curtis**, Development Officer. **Abby Grant**, Development Officer. **Jane Carter**, Development Officer. **Jayne Brooks**, Service User. **Carol Moore**, Service User.

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SDS Active Lives: Bringing People Together

