

SDS

Issue No. 18



December 2022

Elf Day *Nicki Parsons*



A Note From The Editor

Another fun packed festive special full and fit for bursting (just like most of us on Christmas Day!).

I hope you all have a very Merry Christmas and all the best for 2023!

Paul Smith
Project Officer

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A Note From Our Leader

It has been a busy few months with lots going on. It is good to see everyone getting involved.

Some positive news is we have Sembal reception back for the first time since we left in March 2020 and this has had a great impact on how the service feels and marks an end we hope to what was a very difficult time for us all.

Two members of staff Marie Godwin and Will Goodier have moved on to pastures new taking up opportunities within the council so still very much in touch.

We have recruited to one post with Sam O'Donnell joining the team at Woolston on 3rd January. The other post is currently out to advert.

Wishing you all the best for the New Year.

Alison Gilroy
Team Manager

Elf Day raises money for Alzheimer's Society. Everyone had the opportunity to dress up, people made a great effort! We have been selling our raffle tickets for weeks, with the help of our Richard who really enjoyed selling them to everyone.

The day involved having fun, selling hot chocolate and mince pies followed by the raffle, and games such as Christmas Hoopla and Guess The Name of The Bear. A fantastic day had by all!

In total we raised £220.45!

Thank you to everyone that took part and donated 😊

Diwali: Festival of Lights *Santosh Pardesi*

On the 15th of October Sembal staff and service users celebrated Diwali Festive of Lights. Service users made a Diwali diya each to paint the colours of their choice, and put battery candles in the diya. Diyas were made out of clay and left to dry before painting.

Shalinder, Lynsey, Maura, and myself all gave a little talk on Diwali and how Hindus and Punjabi people celebrated in different parts of the country. Service users also watched a short video on Diwali and how it was celebrated in India, food people ate, and how they dressed on the special day. Myself and service users made different types of snacks and traditional Indian deserts which were enjoyed by all. Service users said they were glad to be back in the Discovery Café area and have had a fun day learning all about Diwali and would like to do more next year.

Thanks to the staff who supported, was much appreciated.



Diwali is the five-day Festival of Lights, celebrated by millions of Hindus, Sikhs and Jains across the world. Diwali, which for some also coincides with harvest and new year celebrations, is a festival of new beginnings and the triumph of good over evil and light over darkness.

The festival is usually some time between October and November, with the date changing each year. This year Diwali took place over five days from 22 October to 26 October with the main day of celebration on Monday 24 October.

The word Diwali comes from the Sanskrit word *deepavali*, meaning "rows of lighted lamps". Houses, shops and public places are decorated with small oil lamps called diyas. People also enjoy fireworks and sweets too, so it's really popular with children.

(www.bbc.co.uk)

A Trip Down Memory Lane *Marie McGovern*



Philip used to sell the Daily Echo in Southampton city centre for over 20 years and last week we decided to take a trip down memory lane. Philip showed me all the places he used to sell his paper. We talked about how different the place looked and what shops used to be there. Philip said he misses Woolworths the most. Philip was very happy to find the tea rooms he used to go to for lunch was still open and even happier when they recognised him. Philip said, "They recognised me, that's very good I used to come here and order beans on toast before". We settled on tea and cake this time but will be back for lunch next time to order those famous beans on toast.



Macmillan Events *Megan Curtis/Lisa Wolf*

On the 30th of September we held a Macmillan Coffee Morning at Sembal to raise money for Macmillan Cancer Support. To do this we held a huge bake sale, (either baked or faked) by staff, a raffle and even sold some hand made bags made by Carole Moore! We also had 2 games, guess the weight of the fruit loaf, made by Dermot, and guess how many sprinkles are on Colin the Caterpillar. It was a lovely morning joined by some of the guys from Woolston and some friends of Southampton Day Services. A successful morning with money raised for Macmillan Cancer Support!



Woolston & Sembal both held a coffee & cake event in September to raise money for the Macmillan cancer support charity, and together we raised an amazing £501.56! It was lovely to gather old friends and new for a great cause.

Many thanks to everyone who supported the events, it was very much enjoyed by all!



Macmillan Cancer Support is one of the largest British charities and provides specialist health care, information and financial support to people affected by cancer. It also looks at the social, emotional and practical impact cancer can have, and campaigns for better cancer care.





1926 - 2022



A prayer on the death of Her Majesty The Queen

Gracious God, we give thanks for the life of your servant Queen Elizabeth, for her faith and her dedication to duty. Bless our nation as we mourn her death and may her example continue to inspire us; through Jesus Christ our Lord. Amen.



www.christtheking.notts.sch.uk



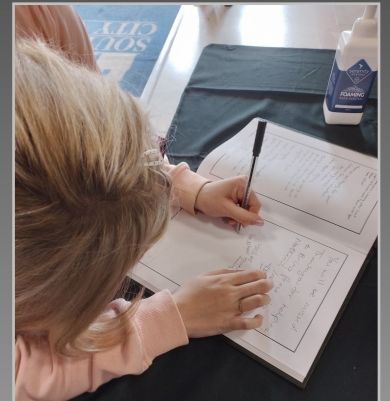
'I laid flowers, it was sad' -Baljinder

A group went to the civic centre to pay our respects to HRH Queen Elizabeth II. We laid some flowers at the front of the civic centre. We all laid yellow and white flowers because those were the queens favourite colours of flowers.

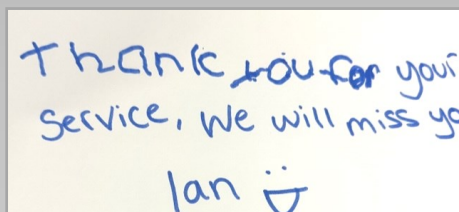
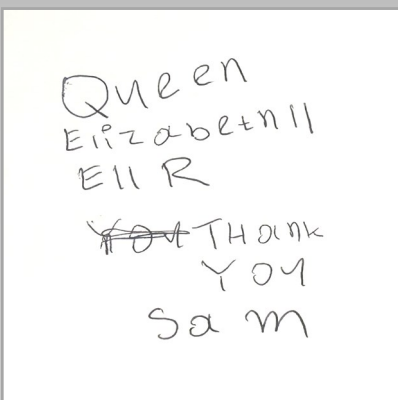
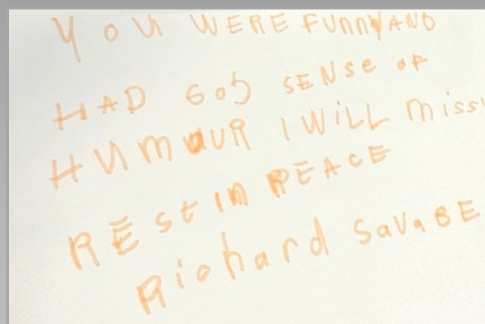
'I wrote in the book and laid flowers. I will miss her' -Lynsey



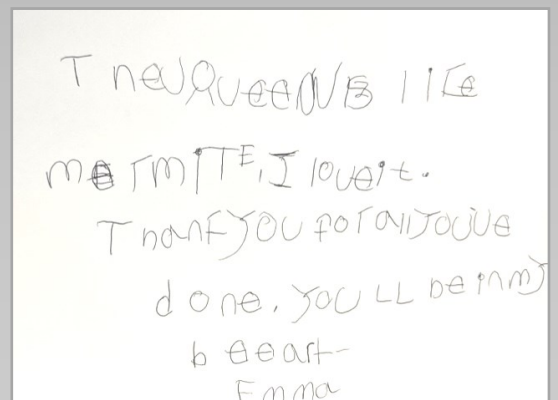
Megan and Lynsey signed the book of condolence at The Civic Centre.



At Woolston Community Centre we set up a book so everyone could write a message of condolence.



Rest In Peace



Toy Appeal *Toni Hodge & Karen Stevens*



As a group, we went on the public bus to Gateway where we met a few others from Sembal; everyone seemed to have enjoyed getting on the bus, especially MW that doesn't experience it often (as she said)! Once we arrived we were directed to a room and were given instructions on how we could help today. All the toys were in separate piles from age and gender and everyone was given a few labels giving details about the child. Each child needed 6 presents in their pile, therefore, we choose 6 gifts carefully for their Christmas presents ensuring it was age appropriate. We also took a little break where we were supplied with drinks and Christmas treats; everyone seemed to have enjoyed this!



"It was nice, I loved it!"

-Lindsay Shirley

"I want to come again!"

-Megan Whitley

"On Friday 25th November me and Sarah were joined by Santosh and Nikki to go to the building next to turtle bay to do the Christmas presents for children of different ages. Some of the Woolston clients and staff came too. we had to get a label which said the child's name, F or M and their ages. We put 6 presents into a bag per child.

When we were doing the event we felt like the children get their presents and see their faces lit up. We all enjoyed the toy appeal activity and we felt the children deserved the presents

We were glad to be invited to this event. It was a great success."

-Shalinder Kaur & Sarah Parsons



"I felt overwhelmed (by helping) doing the toy appeal. We've been putting the toys in different ages."

-Lynsey Lodwidge

This is our second year of doing the toy appeal. I am aware that everyone really enjoyed it last year. A few groups have gone over to help at the toy appeal. This year we have been sorting the toys into age groups and we have also been choosing toys to go to various children of various ages.

I would like to say a huge thank you to Colin Mcphearson who has been arranging the toy appeal for the last 19 years and sadly this is his last year of doing this . The guys have really enjoyed meeting Colin who is known by BG as the biscuit man because he would offer us biscuits and drinks. Colin said to me he just imagines all the children's faces on Christmas morning when they receive their gifts which are donated by people and businesses all over Southampton.



Overnight stay in Bournemouth



Badminton Competition *Laura Phillips*

On Saturday 19th November Owen, Matthew and Lynsey competed in a badminton competition in Ipswich. Owen and Matthew played doubles and Lynsey played singles.

Lynsey came 2nd in her group and received a silver medal.

Owen and Matthew came 4th in their group.

In the afternoon, we had the team relay. Owen's team came 2nd and Matthew and Lynsey's teams came 4th. The team I was in charge of came 3rd!

A very long and tiring day, but the guys did their best and had fun. It was Owens first time away with us and he said he had an amazing time, he enjoyed the food!!!

Thank you for all the messages of support, I did pass these on to the players.

'I enjoyed running around, and joining in with the competition.' -Lynsey Lodwidge



Introducing Toni...

Hi everyone! I am so happy to have joined the team at Southampton Day Services as a development officer. I am based at Woolston Community Centre and have been working here since the beginning of September - so far, I love it here!

Over the past few months, I have been using my time introducing myself to everyone and getting to know my peers and the service users. I have been getting involved in activities and incorporating new

ideas to the service. I have thoroughly enjoyed my time here and look forward to getting more involved by running my own sessions. However, I am partial to getting the karaoke machine out with Izzy on Friday afternoons; we have loads of fun in this session as everyone joins in with singing and dancing!

A lot of my work experience has been in childcare, but I have worked alongside many organisations and have been characterised as providing a 'warm welcome' so feel free to say hi or drop me a message. I have been very excited to start this new adventure and everyone I have met has been lovely, so thank you for helping me settle in. I look forward to my future here at SDS, Toni.

Many thanks to newsletter contributors:

Nicki Parsons (*Project Officer*), Santosh Pardesi (*Development Officer*), Megan Curtis (*Development Officer*),
Lisa Wolf (*Project Officer*), Marie McGovern (*Development Officer*), Karen Stevens (*Development Officer*),
Toni Hodge (*Development Officer*), Shalinder Kaur (*Service User*),
Sarah Parsons (*Service User*), Laura Phillips (*Development Officer*)

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

