

SOUTHAMPTON DAY SERVICES

November 2017

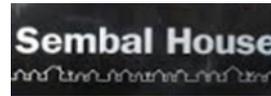
Southampton City Council

Issue 3

Issue No.3!

We have been busy bees over the past few months and have a packed issue for you to feast your eyes on!

If you have anything you'd like to advertise in our Newsletter please get in touch:
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Service User Spotlight *Alan Lebas*

Alan has recently been through months of health problems and the team have been supporting him here at Sembal House. As he's been very patient and strong through it all, we thought we'd give him a boost by giving him the Spotlight.

Alan is involved in many things here at SDS, one of them being art. His latest project involves one of his masterpieces being painted on the wall in the playground of St Mark's School for all to see.

Alan has also just enjoyed a holiday in France.



Autumn Fayre

By Lin Sherman



Staff and service users held their Autumn Fayre at Sembal House in October. It was a very successful afternoon. We have never seen so many people in the centre!! There was a mixture of stalls which included bric – a- brac/jumble, cakes, crafts, lucky dip and a raffle. We also had guess the weight of the cake and guess the number of sweets in the jar. A marvellous afternoon was had by all and we have received some very positive comments from parent/ carers/guests who came. We raised an absolutely brilliant £568. Many thanks to all those who helped and to the Sembal committee who donated a very generous cheque. The money raised will be split between OTARS and MIND.



"We raised an absolutely brilliant £568" - Paul



Diwali Celebrations

By Santosh Pasrdesi

Staff and Services Users requested that we have a Diwali celebration for our Service. I got in touch with Suprana who works for Art Asia and has a group that do Bollywood music & dance. I asked the Committee about food and they kindly donated for us to have take away from Sanja restaurant.

The Art & Craft group even got involved by making us Diwali candles to put on the tables. Everyone had a really lovely time and even danced with the Bollywood dancers.



Guac & Roll!

By Lisa Wolfe

Mexican Day at Woolston.

Woolston Day centre held a Mexican day on the 22nd September as part of the 'world cuisine' and 'round the world' sessions which take place on a Friday. The service users had the opportunity to sample some traditional Mexican cuisine such as Taco's and Chili Con Carne made by Will. We also had some Mexican music and games, and a piñata! which made for some fantastic entertainment. The day was thoroughly enjoyed by all.

"The proceedings were accompanied by a soundtrack of various iconic Mexican songs and the grand finale was the smashing of the cactus piñata by Neale Hudson which showered everyone in delicious and colourful sweet treats. ARRIBA!" - Will Goodier, DO.

Macmillan Coffee Morning

By Lin Sherman

The Macmillan Coffee morning was very successful. We had loads of cakes donated and the table looked absolutely brilliant – a credit to all those at Sembal House. We managed to raise a massive £331, this included the money raised by CCSF who asked if they could add it to our money. Sembal House committee were also very generous in donating a cheque for £70. I will be banking £401 so many, many thanks to all those who donated cakes and who bought them.

“£401 raised. An excellent achievement.” - Paul Smith



Bex's Fun Fact

The tongue of a blue whale weighs more than most elephants! Also their heart is the size of a VW Beetle!



Skating at Gosport Ice

By Jayne Brookes & Tracey Baker

Tuesday 7th November Stacey Shirley, Development Officer, organised a trip to Gosport Ice Rink for wheelchair ice skating! With the extra support from Keely, we went ice skating without the uncomfortable ice skates and in the comfort of our own wheelchairs!

It was an amazing experience, brought back many memories and we ached so much from laughing that I still hurt the next day!

We would like to recommend it to everyone and would definitely love to do it again.

**“We cannot WAIT for our next ice skating session!”
- Jayne Brookes & Tracy Baker**

St Marks Mural

Community Art Project

By Paul Smith

I have joined forces with Christine Parsloe at St Mark's School involving a project to make the school's playground more appealing and have come up with a community art project in which our two

Communities come together to produce some beautiful works of art.

The idea was that our Service Users and their pupils all did jigsaw pieces of their personal pieces of art which come together to build a beautiful mural, also including the key words from St Mark's philosophy 'love', 'respect', 'equality' and 'inclusion' which fit with our own philosophy.

The project is coming together very well and our Service Users have really enjoyed working in a different way with different mediums.

More pictures will follow once the project has finished.



“£401 raised. An excellent achievement.” - Paul Smith



Many thanks to newsletter contributors:

Lin Sherman, Development Officer. Lisa Wolfe, Development Officer. Jayne Brookes & Tracey Baker. Rebecca Beusmans, Development Officer. Santosh Pardesi, Development Officer.

Newsletter Editor: Paul Smith, Project Officer.

Southampton Day Services: Bringing people together

