



SDS



Issue No.23

December 2024

A Note From The Editor

Another exciting edition bringing you up-to-date on what we've been up to: trips to Bournemouth, craft creations and Halloween/Christmas festivities.

Enjoy!

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.

3 members of our team: Glynis, Woody & Dermot retire today, and we wish them all the best for the next chapter in their lives.

I would like to take this opportunity to thank all of the team for their hard work and dedication this year, and wish you all a very Merry Christmas.

Alison Gilroy
Team Manager



Champions for The Oliver McGowan Mandatory Training on Learning Disability and Autism



For more information see the social media pages below:

HIOW ICB Oliver McGowan Mandatory Training

oliverstraining.hiowicb

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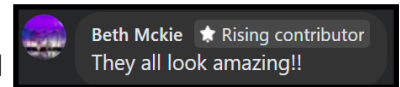
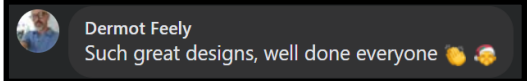
Christmas Card Competition



Over the last few weeks we have had our service users design and create their entries for our annual competition.

We had a selected judging panel who selected a final round of six favourites from the lovely, colourful designs.

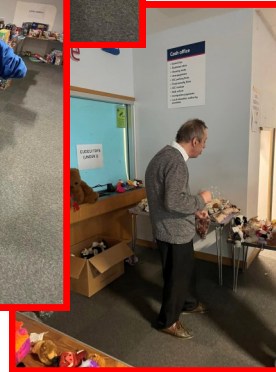
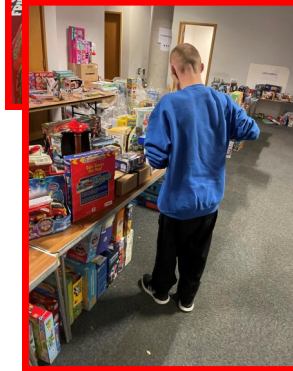
Our panel narrowed it down to a final 6, but it was Jayne Brooke's design which was a hit and is featured on our official SDS Christmas card.



SCC Toy Appeal *Claire York*

Earlier in December we all helped out at the Toy Appeal again this year. Everyone did a great job in sorting the toys out ready for the children at Christmas who often don't receive presents. Emma appreciated being part of it and was made up with her advent calendar, they were all given one for their hard work.

Well done all for taking part in something so meaningful.



*'It was very special and it was nice to do it because I work in a nursery with children
-Alan McDougal*

*'I loved it! Want to do it again!' -
Richard Wyatt*

PHOTO SNAPSHOT

After weeks of working on Mindy's hand exercises she unexpectedly lifted the bottle to her mouth and took a drink! I thought it would be a one off event but she shocked me by doing this 4 times in the same afternoon! A real achievement for Mindy.
-Jane



Cooking Sessions *Felicity Sibanda*



We have been preparing and cooking meals for our own lunch as part of our Life Skills session on a Wednesday morning.

'Yes, Yes I enjoyed the session and like learning to cook different things , it is good.'

- Richard Savage



'I like cooking as I can already cook but I do enjoy these sessions. I like to learn new tips and I did enjoy the hot meal for my lunch this day.'

- Alan McDougal

This session also covers all planning and research for what we want to cook.

Our service users have done very well, and as you can see, they enjoy the eating part too!

'Very good. I like cooking and enjoy the meal that I cooked.'

- Richard Wyatt





We had an extra festive Halloween this year.

Mikey ran a music session to some thrilling songs! The show stopper being Superstition by Stevie Wonder that the Thursday group have been working on the past couple of weeks!

Everyone then had the opportunity to visit the transformed “spooky vibes” room, where we all cast our vote for our favourite pumpkins! Well done to Wayne for getting the most votes!

The afternoon was filled with Halloween themed games, we had Pumpkin Bowling, Pumpkins and Witches Hats, Apple Bobbing and Ghostbusters. Well done to all our winners! Macaulay, Baljinder and Lynsey.

Also a special mention to Oskar for guessing the correct number of sweets in a jar!

We ended the day watching Ghostbusters and enjoying some shortbread cookies made by Tuesday cooking group!

Thank you to everyone who participated, supported, made decorations, dressed up, cooked, and most importantly made the day a fang-tastic!





A Grand Day Out In Bournemouth *By Issy Somers*



We started by getting the bus to central train station and then the train to Bournemouth.

When we got to Bournemouth the first thing we did was mini golf, which was thoroughly enjoyed and lots of laughs were had. We were meant to have fish and chips on the beach for lunch but the heavens opened and it was very chilly it was decided we would still have fish and chips but in Wetherspoons in the warm. When we came out, it was bright warm sun!

We had a little walk and made our way back through the park to the Upside Down House. As you can see, we got some amazing photos which the guys printed off in Boots to take home with them. They chose which ones they wanted. We then had just enough time to grab a coffee and get on the bus to the station.

A fabulously busy day!

PHOTO SNAPSHOT

Carol has worked so hard and is such a ray of sunshine to have in our group, she is so enthusiastic with every project Carol and I work together as she has very poor eyesight and can become rather confused if left alone, but we always get good results with her positive attitude. -Jane

Check out our Haberdashery Champ Carol wearing their hand made bucket hat!

Carol has a real talent for both making and modelling her hat.



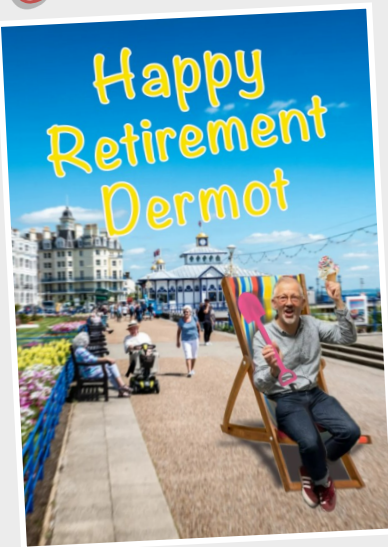
In Santosh's Friday session we decided to design a poster on Diwali: the menu on the day how we celebrate with different things we do in that day. Lynsey, Baljinder, VJ, Sally and I designed the poster as a group.

On Friday the 25th October we helped to cut all the vegetables as our Friday group. Santosh was in charge of the cooking and asking for help with the cooking. We decided to make a vegetable curry with five different vegetables, and naan bread which Santosh made from fresh. Santosh also made a Indian rice pudding. Then we served it to all the service users and then staff. Everybody liked it so much.

We also got dressed up for the Diwali celebration, I wore my Indian suit. Everyone said I looked nice. Lynsey and me did a speech on Diwali and we danced to Bollywood music. Baljinder's mum made pakoras and we gave them out to service users and staff. I brought two boxes of Indian sweets for Diwali, I gave them out to everyone. It was a memorable day for Diwali at Sembal.



Fond Farewells



A fond farewell to Glynis who is leaving us after 11 years of service.



A fond farewell to Dermot who is also bidding us goodbye after 20 years of service.

I have so many wonderful memories: my first days at Brookside as a Day Service Assistant, how overwhelming it felt walking into that building with so many service users and staff, I never thought I'd be able to remember everyone's names or what contribution I would be able to make, to now, 20 years later as I bid farewell to SDS. I have learnt so much and will take so much with me, what a gift it has been.

I will miss you all very much and it will take a while to adjust, I am looking forward to this next stage in my life.

Lots of love, Dermot x

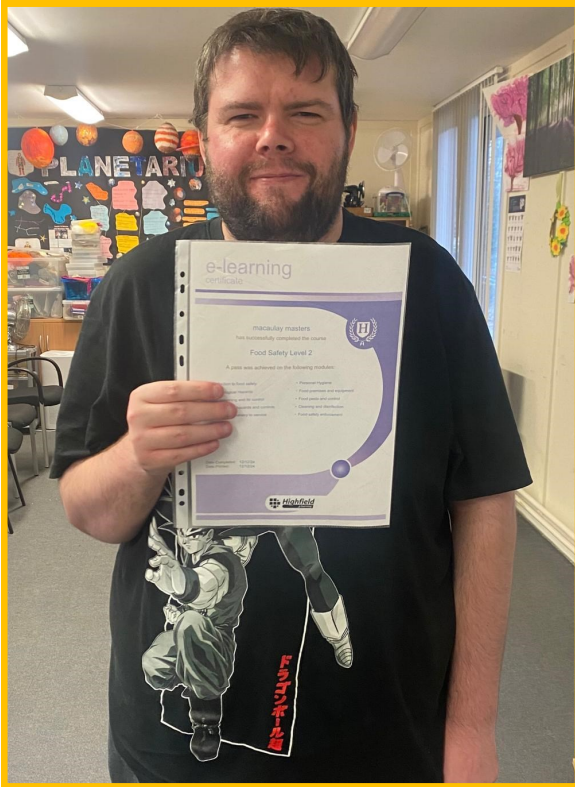


A fond farewell also to Woody who is hanging up his apron and bidding us goodbye after 13 years of service.

'It is with a heavy heart (for us not them) that we say goodbye to Dermot, Woody and Glynis. I hope that you have a great time now you are unburdened by the shackles of work. Should you be passing and wish to drop in for a tea and chat please feel free I know everyone would love to see you. Your hard work will be missed'

-Alison Gilroy

Macaulay Masters Completes Food Safety *By Marie McGovern*



Issy and I have been working as Community Navigators over the last few months at SDS. We have been supporting service users to engage with their communities, learn new skills and increase independence. Everyone has been enjoying trying new experiences and meeting new people in their communities. They have been setting goals and ambitions and we are looking forward to supporting them to meet them in the new year.

Macaulay is one of the people we have been working with and he has been working really hard over the last few weeks on his journey to employment. He has shown dedication and enthusiasm, and all his hard work paid off when he completed his Food Safety Level 2 course and enjoying a volunteering placement in his local community to gain valuable experience.

Macaulay said, "I am really proud of myself".

Well done Macaulay!

Nariman's Gift *By Megan Curtis*



Nariman has been crafting a diamond art picture for his mum as a thank you since September, when he won it in a Bingo Game! It has taken Nariman roughly 12 hours to complete this with me as support on Wednesday afternoons.



It has turned out amazing and he cannot wait to gift this to his mum!

Many thanks to newsletter contributors:

Felicity Sibanda (*Development Officer*), Santosh Pardesi (*Development Officer*),
Megan Curtis (*Development Officer*), Marie McGovern (*Development Officer*),
Issy Somers (*Development Officer*), Shalinder Kaur (*Service User*), Claire York (*Development Officer*),
Jane Carter (*Development Officer*)

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