

We will be closed on 4th July due to polling for the local election



Issue No. 22

May 2024

## World Down Syndrome Day by Karen Stevens & Paul



### Believe it or not, socks get people talking!

*'They might be mismatched socks or your craziest and most colourful socks, whatever takes your fancy!*

*The idea is to start a conversation, so when people ask you about your socks you can tell them, "I'm wearing them to raise awareness of Down syndrome".* (worlddownsyndromeday.org)

We celebrate on the 21st March to mirror the 21st chromosome which leads to Down syndrome, and we wear socks because they resemble the shape of chromosomes.

We had Ukulele Jam come to help us celebrate!

What a brilliant day we all had.



### A Note From The Editor

This issue we bring you World Down Syndrome Day celebrations, cooking activities, badminton competitions and our social work student Kaileigh shares with us what she's been up to in her placement with us.

Enjoy!

**Paul Smith**  
Project Officer

...

### A Note From Our Leader

As we await the start of summer and the warmer weather activities are ramping up. With the departure of the health service team from Sembal we have been able to have more room and the issues with the car park are now resolved.

We have had to say goodbye to some long standing staff. Nikki Hunns our business support has moved to commissioning following the completion of her apprenticeship in project management. However having worked with Nikki for over 20 years it was like losing my right arm when she left. Fear not though as I still have her on speed dial when I get stuck with finance.

Agi Campbell who has worked at Sembal for 12yrs has taken a promotion to city welfare. So both are remaining in the council but using their apprenticeships to further their careers. We wish them the very best.

**Alison Gilroy**  
Team Manager





We took part in the community Easter Egg Trail. Everyone had a great time exploring the city, trying to find clues that would lead them to their prize!

Many thanks to everyone who helped including local venues: Nautical Mile Café, The MAST, John Hansard Gallery, Central Library, and Sea City Museum.

An egg-cellent day had by all!





## Quiz Night *By Karen Stevens*

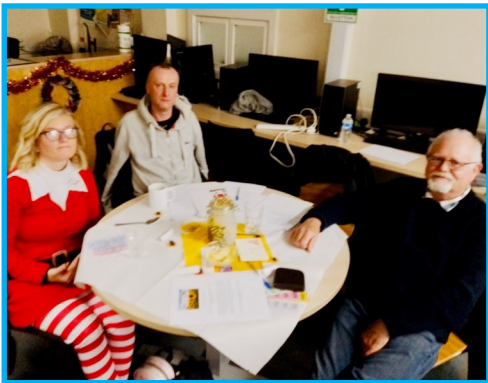


On Friday 8<sup>th</sup> December 2023, we hosted a quiz night to raise money for Countess Mountbatten, a charity close to our hearts.

The night was a great success with the miscellany team winning .

We also had a cake sale, raffle, guess the name of the husky- which was called Santa and was named by N.D Carer Aimee, guess the weight of the cake which was won by David and guess the number of sweets in the jar which was won by Paul (my brother).

The night raised a total of **£1,179.50** My personal best!



*'It was good, went really well. Nice to raise some money'*  
– Lynsey Lodwidge



A huge thank you to everyone for all your support to make this evening such a success. A thank you to my fundraising team: Lola, Carole, Tremaine, Marie, Lin and Claire for all your hard work and to Megan, Olivia and Jenny for all the work that was done behind the scenes.



**Mountbatten Hampshire**

The new name for Countess Mountbatten Hospice

[www.mountbatten-hampshire.org.uk](http://www.mountbatten-hampshire.org.uk)



## Valentine Baking & Pancake Day *By Marie McGovern*



On **Pancake Day** everyone at Sembal got the chance to make a pancake and add their toppings. They all agreed, they were 'flipping' delicious.

The cooking group also decorated biscuits for the **Valentines** disco the next day. Lots of love and attention went into them.



'I made a pancake. I had to mix all the ingredients up and then I cooked it and I put lemon and sugar on it. It was really nice.' –Lynsey



'I had to stop the staff eating the biscuits because they were for the next day!' – Sally R



## Lindsay's last day at Superdrug



The Manager at Superdrug Bitterne presenting Lindsey with leaving gifts having worked at Superdrug for over 20 Years. Well Done Lindsey!





# Ipswich Badminton Competition

By Laura Phillips



We arrived in Ipswich around 5pm. A long journey due to traffic but we had fun. In the evening we went out for a meal, before our stay in the hotel.

Time for competition and the first few games did not end in their favour but Emma's smile did not leave her face, and Matthew and Callum played excellently, working together and listening to each other. They showed true sportsmanship and should be very proud of what they achieved. We are focusing on points and they are all building these up.

Emma won the next game by 1 point! Then had 2 more games before lunch, winning the 2nd, played really well.

Lynsey won her first match, it was very close and she played very well! Then she won her second match, playing really well, moving her opponent around the court.

Matthew and Callum lost their next 2 games. I just want to point out that they are in a group of players that are rated higher than they are with more experience. On top of that this is Callum's first competition!



After lunch the next game saw a win for Lynsey, and then went up against Emma, with Lynsey winning this game as well, she was definitely on a roll!

Matthew and Callum struggled a bit in their group with a bossy player but again did their best and should be very proud.

## The Results:

Emma: **Bronze**

Lynsey: **Silver**

Matthew & Callum: **Bronze**

## Team Relay:

Matthew & Emma were team blue who came 3rd place!

Callum & Lynsey were team orange who came 1st place!

They all played really well, special mention to Callum who did really well to build up points!





## Meet Kaileigh...



Hi, my name is Kaileigh and I am a student social worker currently doing my first placement with Southampton Day Services. I have been here since February and will be leaving in June. I am thoroughly enjoying my time at Sembal and have been able to become involved in multiple different sessions such as cookery and haberdashery. I have enjoyed talking to all of the service users and everyone has been very welcoming. I will be sad to leave but am grateful for everyone's support since I have been here. I look forward to seeing what other activities I can get stuck into during the rest of my time here.



## Evening Cinema Group Megan & Issy



Another successful cinema night!  
We went to see Mean Girls (The Musical). Filled with lots of singing and dancing they all had a fabulous time watching! We then enjoyed a delicious McDonalds after.

So fetch!

## Slimming World Champion!



Well done  
Emma!



### Many thanks to newsletter contributors:

Karen Stevens (*Development Officer*), Marie McGovern (*Development Officer*),  
Lynsey Lodwidge (*Service User*), Sally Rigby (*Service User*), Abby Grant (*Development Officer*),  
Laura Phillips (*Development Officer*), Kaileigh Isherwood (*Student Social Worker*),  
Megan Curtis (*Development Officer*), Issy Somers (*Development Officer*).

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

