



A Note From The Editor

Well here we are: our 20th issue! And what a fun packed issue it is! We're celebrating King Charles' coronation, we have an exhibit at Southampton Art Gallery, and we made some new PCSO friends. Enjoy!

Paul Smith
Project Officer

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A Note From Our Leader

It has been another packed program of activities we hope enjoyed by all.

We had a difficult time during the last spell of hot weather especially in Sembal, Woolston fared better. But I am pleased to report that the issues with the glass roof in the corridor is being addressed so that the overall temperature in the building should improve considerably. We have also had new air conditioning units in the art room and office so should the summer return we will be ready for it.

We have a number of staff starting apprenticeships in September to enhance their learning and we look forward to utilising any new skills .

Alison Gilroy
Team Manager

SDS ROCKS! Paul Smith

Once again we have teamed up with The SoCo Music Project to give our service users the opportunity to get to grips with all types of instruments, find their beat and have some fun. Set in the authentic backdrop of The Arches music studio by the Itchen Bridge, we have taken over every Tuesday for a 12 week run.

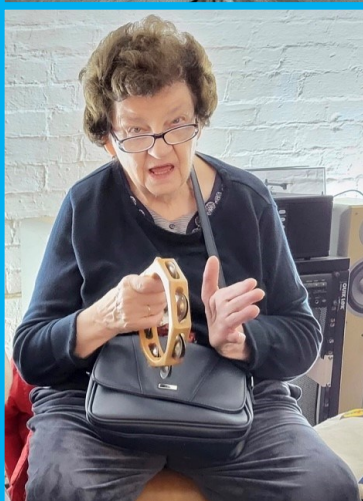
'We enjoy it. I like the keyboard and drums. We like Andrew and we learned a lot. I would love to it again.' –Lynsey Lodgwide

'I love playing the drums and the tambourine' –Tom Mouter

Andrew from SoCo has been delivering these sessions and has done a great job of getting to know our services users, by encouraging them to let off some steam. Everyone has been working with rhythm and following the beat with an instrument of their choice, as well as other games and activities.

'I love it. I love playing the guitars and going there with my friends. I like creating new songs.' –Andrew Ferguson

'I really like Andrew, he's good with us and we learned a lot. I like it there.' –Sally Rigby





'I made a crown for the picnic. It was a good day!' – Laura O'Shea

Anyone for croquet?



Coronation Picnic

We celebrated King Charles' Coronation with a picnic in the park. Service users organised food, games and made all the flags and party accessories.



'We all went to town to one of the parks. We had a picnic in the park for the Coronation. We had cake and games. I loved all of it but loved the boules the best. I loved everyone being together' – Andrew Ferguson

'I had a great time at the picnic. The weather was lovely. I watched the guys play croquet. It was lovely all round, the cakes and biscuits were delicious' – Carol Smith



'I made the cakes for the picnic. I helped to paint the kings guard for photos.' – Sam Moss



Visions Exhibition at Southampton Art *By Simon Crago*

All of the Art and craft work that you see has been created by us. The service users have relished the opportunity to be able to express themselves again through their art, experimenting with a range of mediums including traditional materials such as oil and acrylic to papier- mâché and textiles.

There is a wide variety of painted canvases on display on the Education wall up in the main gallery as part of the exhibition produced in sessions, some inspiration taken from exhibitions held at the City Gallery recently.

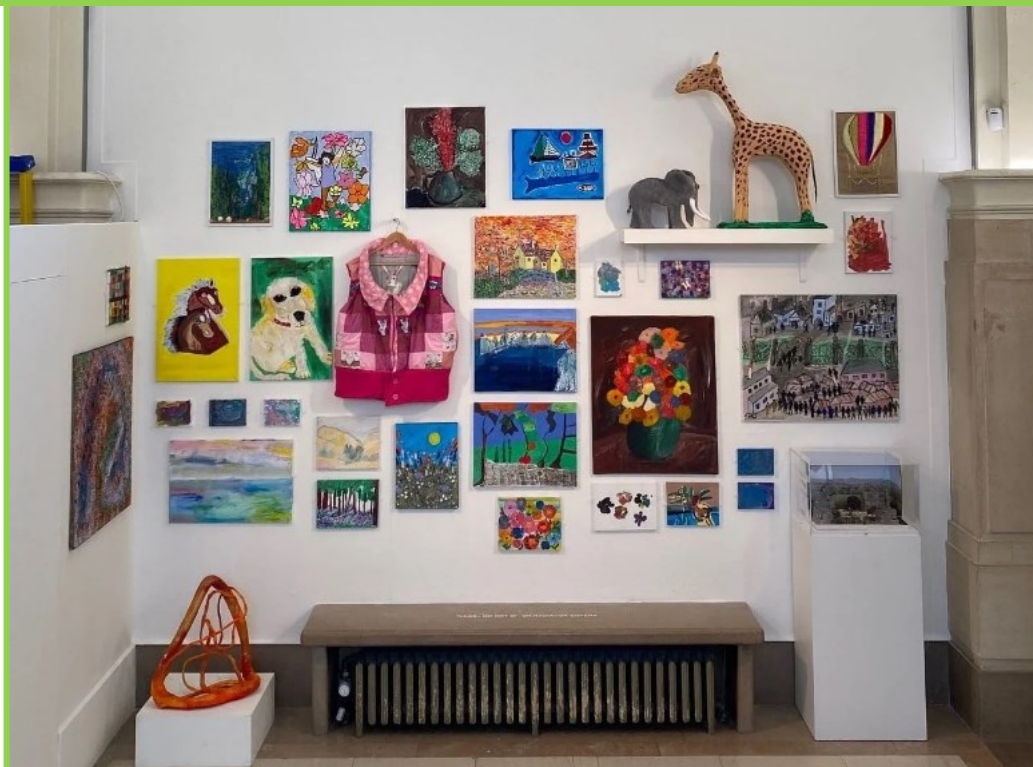
The art groups have worked over the last year or so on decoupage canvases linked to family memories, photos and have enjoyed this. Jane Carter's Haberdashery session on a Thursday morning have produced denim textile shoulder bags that will be sold in the gift shop upstairs in the gallery. Jayne Brookes has produced her jacket (pictured above) using the skills she has learned on the sewing machine in. She has also worked very hard and focused on her tree cross section painted winter scene, she painted the background first and then added all the foreground detail of fir trees, flowers and waterfall to build a layered effect. A photograph of this will be on the SCC website promoting the Visions exhibition.

Malcolm Wort has created a 3D sculpture and animal papier mache models of an elephant and a giraffe, he has enjoyed the creative process of these.

Individuals have really enjoyed being able to express themselves again on canvases and model making.

We would like to thank The City Art Gallery, especially Jessica Whitfield and Liza Morgan, for hosting our exhibition again and very much appreciate their support and the Art and Craft workshops they also facilitate for us each year.

All are welcome to visit the Gallery. Pop along for a visit and see our work. The exhibit is on display from now until Saturday 16th September.



Sponsored Slim *Karen Stevens*



Malcolm spoke to me one day and said that he wished he could lose some weight and have a healthier diet.

I thought to myself I needed to lose some weight to, so maybe we could both lose some weight and do a sponsored slim.

I spoke to Malcolm who was willing to do this and asked him to choose a charity for this event. He said he would like to raise money for the autistic society.

For the whole of March and April we both worked hard to lose some weight and raise money for a needy cause.

Malcolm lost a total of 9 pound. I lost 1 stone 2 pound and we are both continuing to lose weight.

We raised £207 for the autistic society for which we received a lovely thank you email.

I am so proud of Malcolm because he has lost so much weight and has made his life so much healthier. Well done Malcolm!

'At first when it was mentioned I thought I'd never be able to do that. The wonderful Karen said I will do it with you! I said I bet I will beat you, however we both worked really hard and we will continue to lose weight. I am glad I started it now, thinking about what I am eating . The biggest thank you to Karen for her support.' - Malcolm Wort

Community Police Visit *Jane Carter*

On Tuesday 20th June we invited the local PCSOs: Georgi, Carolina and PC Dan into Sembal House as an informal get together. Our aim is for the service users to build a trusting relationship with members of the police force. They explained to the group how to identify the different grades of the police by their uniforms, and to not be afraid of approaching the police if they need help or feel at all threatened.

When asked about arresting criminals, PC Dan asked: 'what is a crime?' We had a few interesting replies! The best being Sam saying 'speeding in your car my Dad does it all the time!'

They spent an hour here with us and they have promised to pop in for a cuppa when passing to maintain the friendship.



2023 Employee Awards Season One Winner *Alison Gilroy*



I nominated Hayley for employee of the year due to her going above and beyond her role in supporting an individual who attends our service. Hayley became the family support during the pandemic. She not only supported the individual but the whole family ensuring that they had food and medication and supporting with household needs, i.e. getting the garden lift fixed in order for the individual to be able to get out of their garden. All of this Hayley did with out hesitation.



Following the re-opening it was felt that the support Hayley was offering would continue to ensure the family remained secure. During this time Hayley picked up on a health issue for this lady and supported with hospital appointments and ensuring mum had all the information. Hayley supported with the hospital treatment ensuring this lady felt safe and secure in a very different environment. This ensured that

'I was so happy when I found out I had been nominated but when I was told I had won I was overwhelmed – Hayley

the individual received the health care they needed, something I feel sure would have caused her mother stress and anxiety.

The Green Corner *By Rebecca Beusmans*

Larkspur, or delphinium, is the flower associated with July, blooming just in time for those summer babies to enjoy each year. They look a little like hyacinths, with their neat rows of flowers that come in a range of colours but you're most likely to find them in a pretty shade of dark purple.



Water Lily is the official flower of August.



You may also wonder what the August birth flower is: August has two birth flowers: **the Gladiolus and the Poppy.**

10 benefits to house plants

1. Houseplants Reduce Harmful Indoor Air Pollutants
2. Houseplants Can Help Reduce Signs of Stress
3. Add Plants to Your Bedroom for Improved Sleep
4. Houseplants Increase Indoor Humidity
5. Indoor Plants Reduce Allergens
6. Working With Plants Can Combat Depression and Anxiety
7. Plants Reduce Sound Pollution
8. Houseplants Can Improve Physical Health and Healing
9. Plants Improve Concentration, Productivity and Creativity in the Workplace
10. Grow Your Own Edible and Medicinal Houseplants on a Budget

Many thanks to newsletter contributors:

Andrew Ferguson (*Service User*), Lynsey Lodwidge (*Service User*), Thomas Mouter (*Service User*), Sally Rigby (*Service User*), Laura O'Shea (*Service User*), Carol Smith (*Service User*), Karen Stevens (*Development Officer*), Malcolm Wort (*Service User*), Macaulay Masters (*Service User*), Jane Carter (*Development Officer*), Hayley Wood (*Development Officer*), Simon Crago (*Development Officer*), Alison Gilroy (*Operations Manager*), Rebecca Beusmans (*Admin Officer*)



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