

Southampton Day Services

July 2021

Southampton City Council

Issue No.14



Malcolm's Shed Project *By Agi Campbell*

A few weeks ago Malcolm showed an interest in the process of upcycling and renovating items. He got really excited about the possibility of painting Sembal garden shed. Malcolm is thrilled about being able to design and execute his own 'wall mural/decorating painting/art work' to go on the exterior shed wall. On



Wednesdays I have been supporting him in coming up with a design and transferring it to the shed.

Malcolm and I managed to brush off the cobwebs and clean shed exterior, which is in a very good condition generally and doesn't need much more work. I cleaned space around the shed so we have got access to all walls from all sides, one side has bushes and two small trees, but he decided they can stay and he will incorporate them into his design.

His general idea is to paint all sides in one base colour (light blue or grey) and then have the front side to create an art gallery wall, which will include different paintings of his own interpretation of famous art works ('Mona Lisa' and 'Sunflowers'), side wall for forest landscape (realistic or imaginary). He is still working on the design for the door and back wall.



Craft Sessions *By Laura Phillips*

Bubble A have been doing lots of craft and science experiments. We have made pictures using shaving foam and tooth paste. We have done the skittles experiments which made some really pretty patterns. We had great fun doing the coke and mentos experiment.

'I really enjoyed the Coke & Mentos experiment!' - Emma Harder

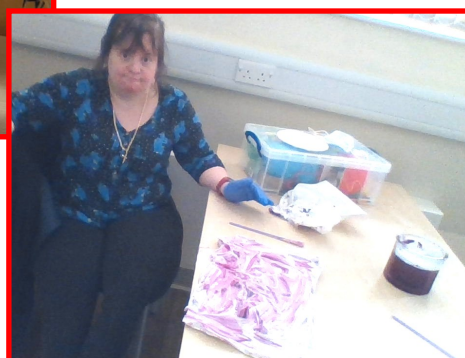


'I enjoyed the shaving foam experiment but it didn't work as I thought.' - Richard Savage



'I really enjoyed the shaving foam artwork' - Lindsey Shirley

Our best experiment was walking water, which took a long time to do but the results were amazing.



A Note From The Editor

Well, what a turbulent few months we've had. Thankfully it looks like there is a light at the end of the tunnel, and here we are with our brand new issue to clear away those #LockdownBlues

This issue we bring you elephants, hot air balloons, the latest activities from our Zoom sessions as well as what we've been up to within our centres, and you get to meet our new apprentice Bethany.

I hope you enjoy.

**Paul Smith
Project Officer**

...

A Note From Our Leader

Hello, I hope you are all keeping well.

We are continuing to social distance and this has meant that we are not able to have as many people physically in our centres.

At Sembal we do not have the whole building so the amount of people that can come in is reduced. We will be in touch once we have an idea when we are able to increase the numbers of people.

We are carrying on with our zoom sessions and welfare calls I hope you are enjoying these. Should you need any support please do not hesitate to call.

**Alison Gilroy
Team Manager**

Hot Air Balloons *By Taylor Smith-Jones*



'I'm really enjoying this!'
-Neale Hudson

My group came up with the idea of making hot air balloons out of papier mache.

We made the baskets out of sticks that we found when we are out for our walks around the building. We snapped them and glued them together.

All the service users and myself are so very excited seeing the end result.

'This is brilliant. I'm looking forward to popping the balloon!'
-Emma Harder



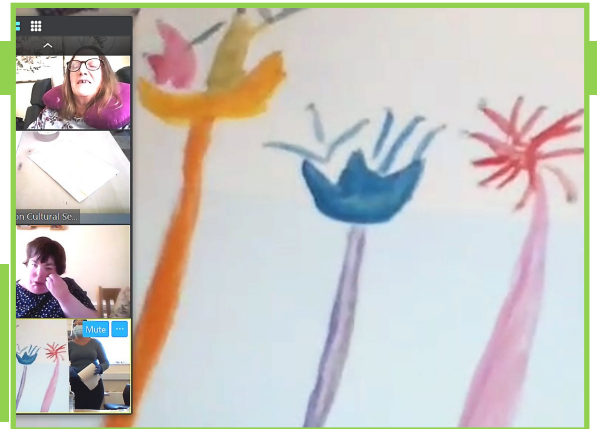
*'This is good! *thumbs up* I am looking forward to painting it'*
-Lindsay Shirley

Art Gallery Digital Workshop *By Karen Stevens & Simon Crago*

A number of Service Users from Sembal House, Woolston Community Centre and from their homes enjoyed attending and participating in four water colour based digital art workshops facilitated by Kate Mitchell from Southampton Art Gallery from late April into May on Monday afternoons.

Kate put together four well thought out, instructive sessions, giving individuals the chance to experiment with water colours and mixing them; painting flowers and solar/space scenes. We also learnt lots of techniques including how to paint using one colour but creating different shades of the same colour.

'I really enjoyed them. I liked using all the different colours, it was good.' -Neale Hudson



The gallery supplied all the materials as usual which is always much appreciated and these were well used by our service users.

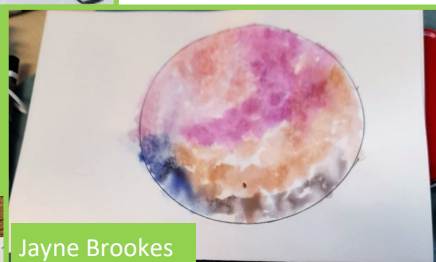
We were also taught how to use every day items as different medias to create a unique picture.

The feedback I received from the service users was very positive, one of the carers even said *'I learnt so much supporting within this session'* and she felt this was something she could do with her daughter when she could.



Lynsey Lodwidge

'I really enjoyed painting the flowers and the space pictures. Kate was really good at explaining to us what we had to do.'
thumbs up -Lynsey Lodwidge



Jayne Brookes

We would like to thank Southampton Art Gallery for offering these work shops to us, they are always extremely successful and very much appreciated. They were fantastic sessions and everyone did extremely well.



Jane Li



Gillian Sherman



Laura O'Shea



Meet Bethany

Hi, I'm Bethany Mckie and my new job role is an Apprentice Development Officer at Sembal House.

My first few weeks have been great, I have been getting myself up to date with mandatory training and planning for my communications module. Thursday was my first day of shadowing and it was lovely to get involved with the day's activities.

Myself and Jane took Lynsey, Sam, Adam and Gillian out into the city



centre to find the Elephant Parade by the West Quay shopping centre. As well as the Elephants, we looked at the history of the Bargate and we also spotted the Ventura cruise ship. When back at Sembal I printed some Elephant templates out for each of them to colour and create their own Elephant Parade.

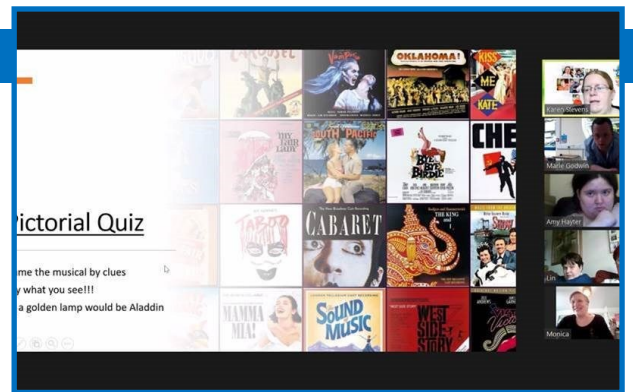
It has been a delight to get to know the staff and service users, and I look forward to my future here at Sembal.

Digital Quiz Sessions *By Karen Stevens*

At 11am on a Monday morning it is quiz time!! This is all a bit of fun.

'I really enjoy the quiz sessions. Lots of fun and makes me laugh. Good to see my friends' –Gillian Sherman

I try to ensure we cover a range of topics and I must admit I have learnt so much myself doing all my zoom sessions.



I also try to include categories that people have asked for, e.g. if someone wants me to include questions for something they are interested in then I ensure this is done.

'RT seems to enjoy these sessions, he engages well. Nice to see service users from our other Centre.' –Taylor Smith-Jones

Please feel free to join the quiz every Monday at 11am!! See our official (and private) Facebook group for joining details.

A huge thank you to everyone who joins in.

Digital Wildlife Sessions *By Karen Stevens*

In the wildlife zoom sessions we try to look at a variety of topics. This could be animals from all around the world, weather, plants or the natural world in general.

'Very informative, finding out things about different species which I hadn't heard of before. I have learned a lot and they have been great fun at the same time. I wish school had been more like this, I might have learned more.' –Jayne Brookes

We have done a lot of work on looking at a variety of animals- this included discovery dogs and of course discovery cats, animals from around the world and looking at the most unusual plants.

We did an excellent session on Jelly fish. This was really interesting and we learnt so much about them.

'I enjoy this session. I love to see my friends and I like to see the animals.' –Lynsey Lodwidge

We also spoke about our pets, pets we have had, pets we want or pets we have now. We had some guests come to the screen including some 3 week old puppies, a cat and a few dogs!!.

In this session we look at something different each week and encourage everyone to have a say in what they wish to do in the session.

Nature is run by myself and Bex every Thursday afternoon at 3pm please come and join if you can.
See our official (and private) Facebook group for joining details



Supporting Rachel Smith *By Hayley Wood*

I have supported Rachel and her mum since April last year. At first, I did feel anxious but I feel proud that I have been able to create our own small bubble and that I have supported them both to stay safe throughout the pandemic. Rachel and I started going for short walks to the sport centre which is local for her. These have gradually

increased, and we have now started to take a picnic lunch and are able to stay out for longer each day.

We have been out in all weather and have only missed a couple of days when the rain has been too heavy. Rachel has also had the opportunity to walk freely where she wants to go and has enjoyed learning to do new things, like walking up and down kerbs. She has also demonstrated that she is aware of situations where she is unsure, by stopping and putting out her hand for support.

Through our daily walks we have made friends with other regular park users and staff within the Sport Centre. Rachel has made friends with many of the dogs and owners, and especially a Labrador called "Nayla", who runs to greet her.

It has been over a year since Rachel and I have been in Sembal and I am sure she has missed her friends, but she has also had the opportunity to make new friends in her local community.



Flat Lay Photography *By Paul Smith*

The objects are laid out flat on a surface and the photo is taken from directly above, creating a birds eye view. I had a go using objects from around my bedroom and was able to tell a story to show something about myself.

Earlier in the year we had a look at flat lay photography which is very popular for people promoting their brand or sharing their stories via social media. It's a very simple way of using a group of objects together with a theme to tell a story with a single photo.

Anna Teoh had a go and here are her examples.



Level 3 Apprenticeship in Health & Social Care

Very well done to **Marie, Abby, John, Felicity** and **Taylor** who have been participating in a level 3 apprenticeship scheme in Adult Health & Social Care within the council.

Special mention to Marie who achieved a pass at distinction level.

Many thanks to newsletter contributors:

Agi Campbell Development Officer, **Laura Phillips** Development Officer, **Emma Harder** Service User, **Richard Savage** Service User, **Lindsey Shirley** Service User, **Taylor Smith-Jones** Development Officer, **Neale Hudson** Service User, **Simon Crago** Development Officer, **Lynsey Lodwidge** Service User, **Jayne Brookes** Service User, **Jane Li** Service User, **Laura O'Shea** Service User, **Gillian Sherman** Service User, **Bethany McKie** Development Officer, **Jane Carter** Development Officer, **Karen Stevens** Development Officer, **Hayley Wood** Development Officer, **Rachel Smith** Service User, **Paul Smith** Project Officer, **Anna Teoh** Service User

Newsletter Editor: Paul Smith Team Manager: Alison Gilroy

Southampton Day Services: Bringing People Together



SOUTHAMPTON CITY ART GALLERY