



Issue No. 19

April 2023

### A Note From The Editor

Another jam packed edition for you all this month. We have Easter celebrations, linking up with Busy People to take part in a survey, a Badminton competition, a community art project and some successful fundraising!  
Enjoy!

Paul Smith  
Project Officer

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### A Note From Our Leader

I cant believe that we are a quarter into the year already. As we go from the cold winter days into spring we are looking forward to getting out and about more.

We are pleased to have a new staff member joining us who will formally introduce themselves in the next newsletter once they have settled in.

We have a group of youths who are supporting with the open space at Sembal, who are busy tidying and building planters.

We have had 5 work experience people joining us from Itchen college who have joined as part of their course supporting at Woolston, we look forward to supporting others interested in social care as a career.

Alison Gilroy

## Easter Hat Competition By Marie McGovern & Carole Richardson

Our ladies' group took inspiration from the New York Easter Parade and decided to hold an Easter hat competition.

The winners were picked using a secret ballot and everyone had the chance to look at all the fabulous creations and pick a winner for each category.



# Easter Hat Competition

On 4th April, we all had a lovely afternoon, with the Easter parade.

Thank you all for your hard work, and thank you Micky for doing the presentation, a great induction to SDS!

Thank you to everyone who created some truly egg-cellent hats, they all look fantastic!



Most Colourful



Most Floral



Staff Winner



Most Easter Themed



Overall Winner



The Tallest

# VoiceAbility Survey



In March we had Busy People come to visit us and support us to get involved in the Learning Disability Survey. This survey was co-produced with Southampton City Council. It covered many topics: independent living, health, community.



If you would like to get involved here's how you can do just that. Visit this website:

<https://forms.office.com/e/jMq7ipsvCP>

Or you can scan this QR code using your mobile phone:



# Dates for your calendars

## VoiceAbility

Hello, we are Busy People.

We are a group of adults with learning disabilities who speak up about important things.



Can you help us?

You can help us with our research by doing our survey. To do it online go to <https://forms.office.com/e/jMq7ipsvCP>

or Scan the QR code



We want to hear from everyone! Please tell us if you need to answer in another way:



Email us at [trish.moody@voiceability.org](mailto:trish.moody@voiceability.org)

Call us on 07770 012 959



Busy People are proud to present...

## The Tuesday Hub



3<sup>rd</sup> Tuesday of every month

4 pm - 6 pm

at Scholars Arms,

166 Above Bar Street, SO14 7DU

We want people with a learning disability to have the same chances as everyone else to lead a happy, healthy life.



So join us... Let's talk together, make your voice heard, and make change happen!

Want to know more?

Email Trish on [trish.moody@voiceability.org](mailto:trish.moody@voiceability.org)

Or phone Trish on 07770 012 959

Supported by **VoiceAbility**

We are closed on the following dates:

Friday 7th April, Monday 10th April,  
Monday 1st May, Thursday 4th May,  
Monday 8th May, Monday 29th May.

## Artwork *Jane Li & Simon Crago*



I have really enjoyed the whole process of creating the canvas from the beginning when we looked at different artists paintings on the laptop. These were JW Turner for his skies, J Constable for the river cottage, from his famous canvas: 'The Haywain', Surrealist artist Salvador Dali for his floppy clocks on trees and the blue bridge from Monets: 'Waterlilies'.

Jane had the idea of using these four different images on the same canvas, a great idea!

Jane has enjoyed the whole process of using many different colours in the painting and applying these to the canvas.

*'I really enjoy looking at the finished painting and it reminds me of a picture I have at home'*

-Jane Li

## Badminton Competition

*By Laura Phillips*

On Saturday 1st April Owen, Matthew and Emma competed in a badminton competition in Ipswich. Owen and Matthew played doubles and Emma played singles.

Emma came 2<sup>nd</sup> in her group and received a silver medal.

Owen and Matthew came 4<sup>th</sup> in their group.

In the afternoon, we had the team relay. Emma's team came 3<sup>rd</sup>, Matthew's team came 2<sup>nd</sup> and Owen's team came 1<sup>st</sup>.



Matthew won a special trophy for showing knowledge and skills. This was noticed by the man in charge of the competition.

A very long and tiring day, but the guys did their best and had fun. Emma didn't stop smiling the whole day, she was very happy all day!!!!

Thank you for all the messages of support, I did pass these on to the players.



## Meet Lauren



Hello, my name is Lauren. I am a practitioner from Itchen College. I have been supporting at Woolston Community Centre since November. I am enjoying my placement.

As the months go on I have learned about different people, their disabilities, and needs. I was nervous at first, especially with one individual, but I am passed that and am now more confident with saying hello and chatting to individuals.

I have been going out with Neil and the service users for walks out in the community, which I have enjoyed. In December I went out to help with the Toy Appeal and ITV were there and spoke to us about how we were happy to help in the world when some children didn't receive anything for Christmas.

## John Hansen Gallery Sun Mural



We were involved in the community artwork project for the Sun Mural at the John Hansard Gallery as part of the Social Work Week celebrations. Lots of different groups from Adult Social Care & Children's Services were involved. For our contribution we were asked to fill a round piece of paper which would go on to form part of the sun.

**John  
Hansard  
Gallery**

We were also there for the opening event which was well attended: see photo of Emma showing the Mayor her piece of the mural, with whom she got along famously with!



## Macmillan Fundraiser *By Karen Stevens & Tremaine Lovell*

I decided to plan a quiz night because I have really missed doing them but also I know how popular previous quiz nights have been. I chose Macmillan cancer support because this charity is close to a lot of our hearts.

We had 6 teams that were all full and 2 tables full of amazing raffle prizes, as well as a cake sale that we did during the day as well as in the evening.

This is all in aid of Macmillan cancer. Tremaine's daughter is doing the London Marathon for this charity and I am also doing this event as this charity gave a lot of support to my friend. I want to do this event in his memory.

*'The quiz night was nice and I enjoyed the food.'* - Neale Hudson



*'I helped out with the MacMillan fundraiser night on 3<sup>rd</sup> March. It really was a great success and it was amazing to be a part of it.'* - Claire York

**WE RAISED AN OUTSTANDING  
£1,010.19**



The night was a huge success and after 4 rounds of 10 questions, 4 table rounds, an interactive round and a lot of laughter and fun had by all the winning team "The Runners" were announced.



I would like to say a huge thank you to Tremaine, Lola, Claire, Marie who all helped before and during the night and a special thank you to our amazing Quiz Master Dermot!!

*'I loved the quiz night. I was so happy that I won a prize too.'* - Megan Whitley



We would like to say a huge congratulations to Karen Stevens on this fundraising quiz evening. This was held at Sembal House and she raised an amazing amount of £1,010.19, donated to Macmillan and the wonderful work they do in providing care and support to both patients and families.

It truly was a lovely day starting with a cake sale and ending with a raffle and over 40 people attending the Friday quiz night with a ploughman's supper.



### Many thanks to newsletter contributors:

Marie McGovern (*Development Officer*), Carole Richardson (*Project Officer*), Karen Stevens (*Development Officer*), Tremaine Lovell (*Project Officer*), Neale Hudson (*Service User*), Megan Whitley (*Service User*), Claire York (*Development Officer*), Abby Grant (*Development Officer*), Simon Crago (*Development Officer*), Jane Li (*Service User*), Laura Phillips (*Development Officer*) & Lauren Parkes-Smith

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

