

# Issue 7 Summer 2015

## Client's Newsletter



A huge welcome to the Summer edition of your newsletter that you, the amazing people we support helped us to write.

As always, it has been an action packed few months, with day trips, Birthdays, new jobs, holidays, college courses, television appearances, fund raising and catwalk modelling

**Buffy-headed Capuchins** 

Find out where this photo was taken on page 23

Find out who went to see Kym Marsh on page 13



Football on page 19



Learn how to make these tasty dishes on page 25

Find out who met this cute owl on page 14



Learning First Aid On page 8

Wherever could this have been taken, and with who? Turn to page 10 to find out!



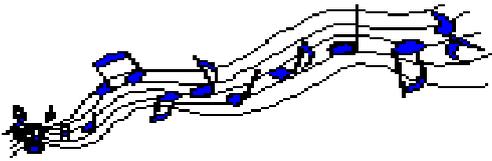


Exciting news for **Darren Harris**, pictured here.

He has been accepted into

Wirral Metropolitan College on a Radio DJ course Starting in April.

Way to go Darren!

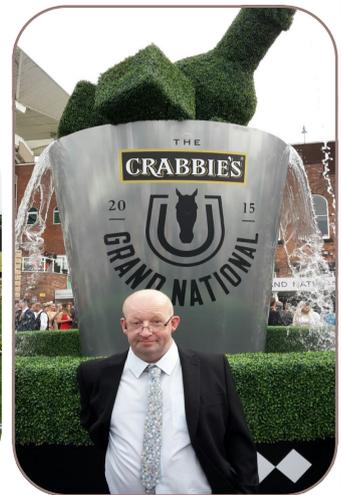


## Ladies day at Aintree



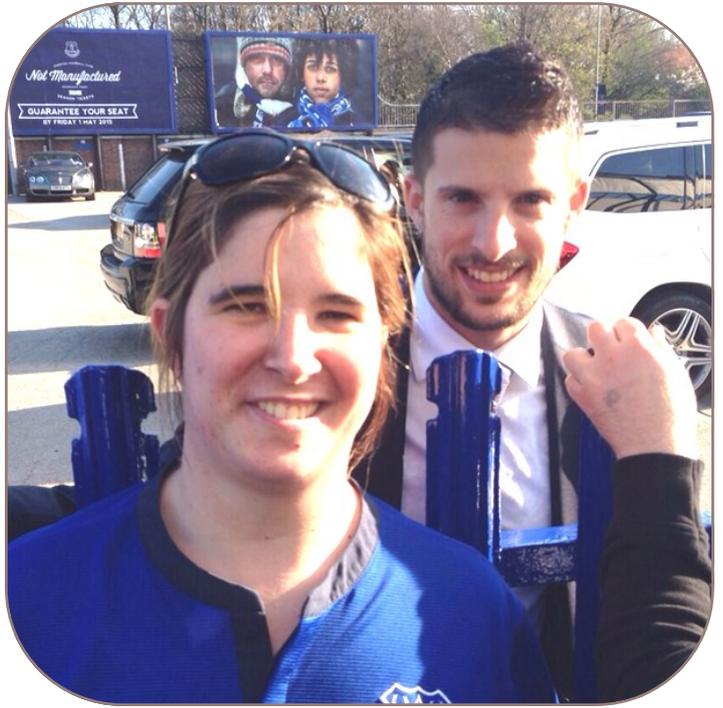
In April **Mark Furlong** attended Ladies Day at Aintree, he was in The Queen Mother stand, Mark told us he had a great day even though he didn't win anything. Here he is suited and booted for the occasion.

Doesn't he look smart!



# Meet the players

When **Lucy Matamalas** attended a football match at Goodison Park, she never expected to meet one of the players, but here she is with Everton Winger Kevin Mirallas. What a great photo **Lucy!**



# Television Star

Look who appeared on our television screens recently. It's only **Sarah Bebbington!**

This fabulous photo is from when **Sarah** met Ronnie Moore on a visit to Tranmere Rovers





When **Paul Jennings** came in to The Lodge for work on his Birthday he thought it would be a normal day at the office, but he couldn't be more Wrong! Staff surprised him with a Birthday card, a cake with a candle and a rousing rendition of Happy Birthday to you.



**Karen Elliot** has become a valuable member of the admin team here at The Lodge; each week she comes in to do a few hours work to help out Sue and Angela. She makes herself useful by shredding old documents, filling envelopes for mailing lists and other such jobs. She also makes a great cuppa which is always a good thing!

**Karen hard at work!**



Her sunny smile is a permanent fixture and it is such a pleasure to work with **Karen**.



# Carrie Thomas tells us about her trip to see Olly Murs



Myself and Dani Smith went to see Olly Murs on the 9<sup>th</sup> May at the Echo Arena in Liverpool. We left at 6.30pm in a taxi and we arrived at 6.50pm.

As we got there we showed our tickets and walked inside the Arena. When we got in the arena I bought myself a programme and a poster. We took our seats at 7.15pm and waited for Olly to come on stage: at 7.30 the supporting act came on, which was Ella Eyre and she was really good; she sang a few songs until 8pm, there was a 30 minute break before Olly Murs came on stage. Then at 8.30pm the lights went out and then Olly came on stage. The crowd went wild! (Including Dani and myself) as Olly was on stage he sang songs from his new album, he even sang some of his old songs.

Olly was on stage for 2 hours and I loved every minute of it. Dani and I danced and sang for the whole concert.

The concert finished at 10.30pm and I didn't want it to end. Dani and myself walked out of the arena to get a taxi home; when we were outside I bought an Olly Murs scarf. We finally saw our taxi and got in and went home. When we got back I was tired and so was Dani Smith. We both had a brilliant night



and we will be going to see him again when he next comes to Liverpool.





## 'Healthy Choices' and 'Diabetes Awareness'

There are over 3 million people in the UK who have Diabetes. This will rise to 5 million people by 2025. Smoking, being over-weight or not getting enough exercise all increase the risk of getting type 2 Diabetes.

S2i has been training all the staff in 'Diabetes Awareness'. During the training staff suggested that the people we support would benefit from knowing how to avoid getting Diabetes.

So in August and September Paula ran courses for people we support to learn about healthy lifestyles and preventing Diabetes. We learned about the importance of a balanced diet, regular exercise and good sleep hygiene and how staying at a healthy weight can help prevent diabetes.

The courses were in the visitors centre in Birkenhead Park and there was a healthy choices buffet, with lots of low fat and sugar free nibbles.

The course was Autism friendly and was open to everyone.

Everyone got a certificate to say they attended.



Mmmmm delicious!

Paula ran the course



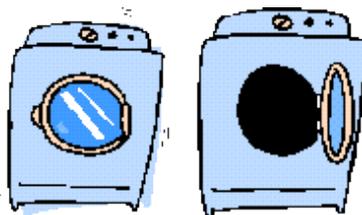
Showing the ground rules

# 'Looking after Ourselves and Our Homes'

This S2i Course was held at the visitors centre in Birkenhead Park. This was an interactive Autism friendly course for people we support. We learned about taking care of our homes, being clean and tidy and avoiding bugs and illness. We also learned about de-cluttering and taking care of our clothes and doing laundry and ironing. The course also covered taking good care of ourselves with advice on skin and hair care and dental health. The course was organised by Paula McCabe, who wanted to provide support for people we support who are setting up home for the first time or wanted to learn more about living independently. It was also a good chance to catch up with friends from across the company with Coffee and a chat.



Learning is fun!



Everyone received a certificate



## 'First Aid Awareness' Course for people we support April 2015.

This S2i Course was held at the Visitors Centre in Birkenhead Park.

This was an interactive Autism friendly course for people we support.

We learned about what first aid is, how to stay safe ourselves and how to get help.

We learned what to do if someone isn't breathing. We all practiced doing cardio pulmonary resuscitation (CPR).

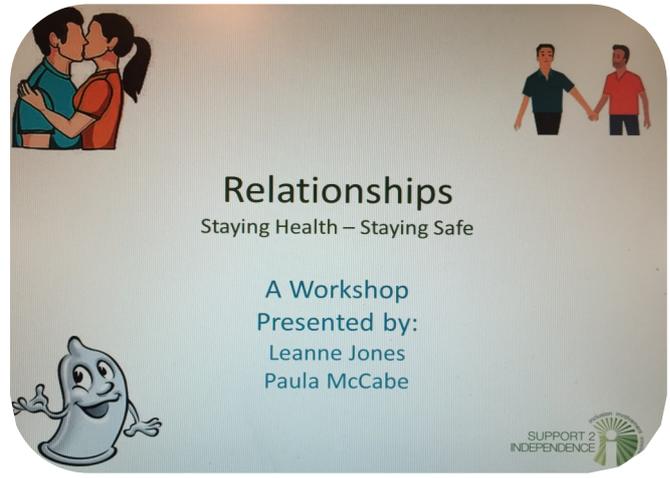
We also learned about what to do if someone gets burnt or is bleeding and how to help with an Asthma attack.

The course was organised by Paula McCabe, who wanted to provide support for people we support who wanted to learn more about living independently and knowing what to do in an emergency if we are not with staff.



It was also a good chance to catch up with friends from across the company for coffee and a chat.





## 'Relationships' Course for People we support May 2015.

This S2i Course was held at the Visitors Centre in Birkenhead Park.

This was an interactive Autism friendly course for people we support.

We learned about Friendships and Relationships. We learned about staying safe when dating and how to spot the signs of an unhealthy relationship.

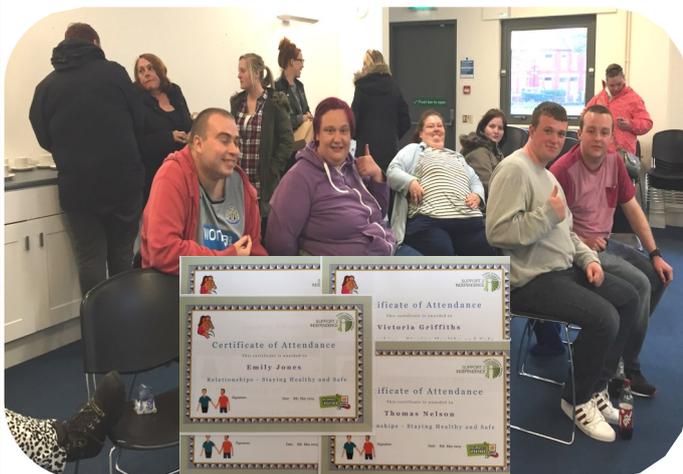
We also had a chance to talk about internet safety and how to protect ourselves when using social media.

We learned what to do if we are in an unhealthy relationship and what to do if we are worried about someone we know.

We also learned about looking after our health and about safe sex and contraception.

The course was organised by Leanne Jones and Paula McCabe, who wanted to provide support for people who wanted to learn more about living independently and staying healthy and safe in our relationships.

It was also a good chance to catch up with friends from across the company for coffee and a chat.



# John Carr's trip to Blackpool



John went to Blackpool for the day. He went to Madame Tussaud's wax works; John said that he really enjoyed it there: he loved having his photo taken with all the stars. John was really happy that they have the Rover's Return from Coronation Street in there. John had a shandy in there also.



John enjoying a swift half with Deidre in the Rover's!

John took a trip along the promenade in a horse drawn carriage. He went in to the arcades and to the sea life centre; John said he liked the sting rays best.

To finish a lovely day, John had fish and chips on the front.



# Knitting Queen



When **Karen Elliot** found out that Jon King had a baby boy, she set those knitting needles into action and created this lovely blanket for him. **Karen** told us that it only took her a week to complete, impressive stuff!

**Karen** has used a selection of blue and white shades in her lovely creation, and Jon couldn't have been more thrilled by the kind gesture and we are sure the baby will be snug as a little bug in his new blankie.

Pictured here is **Karen** with her blanket, I'm sure you will agree with us that it is fabulous and she is clearly a great knitter



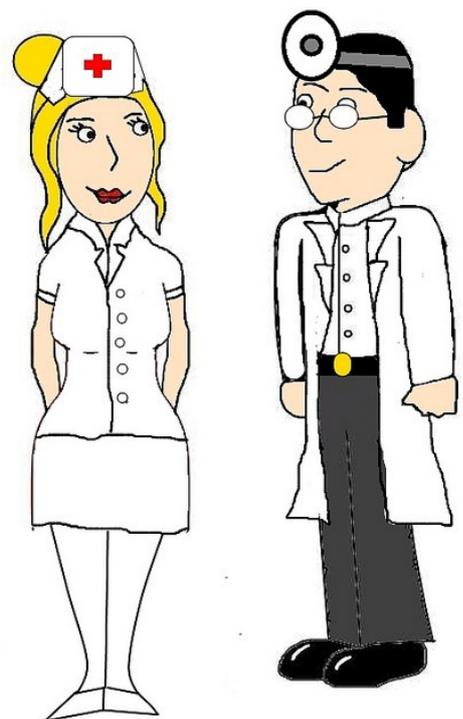
Recently **Paul Jennings** and **Mario Vrlec** attended a job interview at the Countess of Chester Hospital, and we are

pleased to say that they both got the job!

**Paul** tells us that the Countess of Chester is a really large hospital with many Doctors and Nurses.

**Paul** and **Mario** work each Thursday as part of a supply team in the Administration department.

We say, well done chaps, what a great job!



# ONE NIGHT OF QUEEN

By Paul Jennings and James Claxton



On Sunday 31st May, a group of us went to see "One night of Queen" at the Liverpool Empire theatre. The tribute band was called "Gary Mullen and the works".



James Claxton, Paul Jennings, Anne Stokes, Mario Vrlec, Michelle Archer, Elio De Julio went and Tracy McLaughlin and Terry Sherlock came along with us.

We walked to Tso's Chinese restaurant and had a meal and drink before heading over to the theatre. The band came on and introduced themselves and treated us to all of Queen's greatest hits including "Another one bites the dust", "Killer Queen", "We will

rock you" "Radio GaGa" "Bicycle Race" "Bohemian Rhapsody" and many many more!



The band was energetic, the music was loud and the whole theatre was rocking!

We all had a rocking, great time, full of yummy food and awesome songs.



# Matthew Corcoran's Birthday



What better way to spend your Birthday than going for a delicious meal with friend's? That is exactly what **Matthew** did for his Birthday; here he is with the



gang, having a splendid time at The Summer Palace.

Scrumptious!

# Party at the Pierhead

The International Mersey River festival which took place at the Pierhead over in Liverpool promised to be a weekend of fun, frivolity and great music. **James Claxton**, **Tom Nelson** and **Paul Baker** travelled over to Liverpool to be there. Here the guys are pictured watching Kym Marsh on the main stage.



Our roving reporter James Claxton tells us some of the things he's been up to lately

## Chester night out



On June 15th, I went to Chester for a night out with my brother Bradley and his mate. We started off by having a drink in the Church Wine bar. After that we went to a bar called

Off the wall. We finished our night on the Nightclub Cruise. I didn't get home until 3am, I had a fantastic time.



## The Cheshire show



James and Elio De Julio went to the Cheshire Show which took place in Knutsford. They went there by bus and arrived at the showground at around 10am.



James tells us "we really enjoyed it, I loved the animal shows, especially the birds swooping and flying, the police dogs were also so good. I got to hold a baby chick and a ferret.



I would recommend The Cheshire show to anyone, it is a great day out!"



## Narrowboat Trip



There is nothing more relaxing than a leisurely cruise on the canals. Here we see James on a narrowboat trip from Christleton to Tattenhall on



the Shropshire Union canal.

Ahoy there Captain James!



## Planet Circus



I went to planet circus New Brighton along with Elio de Julio, Sara Matamalas and Mario Vrlec.

I got picked to go down to the arena to do a Star Wars theme act, I was playing Luke Skywalker; in one part I was supposed to shoot Darth Vadar but I shot Princess Leia instead, then I was supposed to knock at the door but the door fell over, it was hilarious! The circus girl jokingly called me a loser and I called her one back, it was all good fun!



Mario with Spiderman



# Aladdin

I travelled on the train from Overpool to James Street Station; I then walked to The Liverpool Empire to see the pantomime Aladdin. It was a musical with lots of great songs. It was such a fun show and at one point they sprayed water into the audience which was absolutely hilarious. The costumes were so bright and colourful they glittered with flashing lights. I really enjoyed the performance and had a great time.



# Southport



Here we see **James** having a great day out in Southport on the boats, and having a drink and a delicious looking slice of cake





James Claxtonus Maximus

Civil war soldier

Storm Trooper



James' Pirate impression

Native American dancer

Feeding the Deer

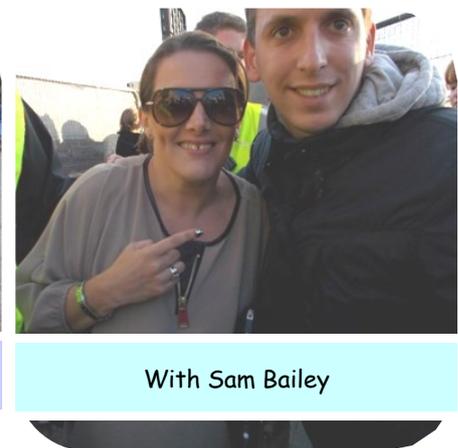
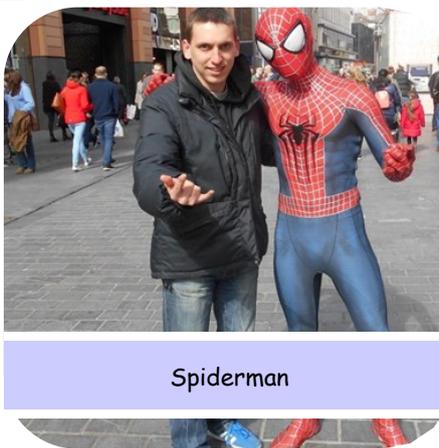
## James has met some wonderful people and characters while out and about on his travels



With Suzanne Collins from Brookside

Bobba Fett

Bumblebee from Transformers



R2D2

Spiderman

With Sam Bailey

# Coastal Walk

A huge well done to **Mario Vrlec** for taking part in the 2015 Wirral Coastal walk. Mario completed 10 miles and has raised a whopping £104, which will go to MENCAP, this years nominated charity. Here he is with his certificate.

Way to go Mario!



## The Very Big Catwalk Show



Move over Kate Moss because there is a new girl in town.

Our very own **Julie Bebbington** took part in The Very Big Catwalk, that took place on 4th June at the Pierhead in Liverpool. It was a huge event that promised to break the World record for the most amount of people on a catwalk and saw models, celebrities, and ordinary people from all walks of life strut their stuff.

Liverpool's Mayor Joe Anderson tweeted to congratulate and confirm the Very Big Catwalk had created a new record of 3,651 beating the original figure of 3,500 of the 'Most Models on a Catwalk'.

# Football at the Soccer Dome



Here are some fabulous action packed shots



# JERSEY BOYS

By Carrie

Thomas

Myself and Danielle Smith (staff) went to see the musical Jersey boys on Wednesday 1<sup>st</sup> July at the Empire theatre in Liverpool.

We got a lift over to Liverpool at 6.50pm, when we arrived at the theatre, we showed our tickets at the door and we walked in to take our seats and waited for the show to start.

There was a dance act on first before the guys who played The Jersey boys came on, there were cheers from the crowd when they came on the stage, the man who played Frankie Valli was amazing, he even sang like him. It was a fantastic show and the whole crowd sang and danced along to all the songs, Dani and I also sang along. The cast got a standing ovation at the end of the



show and I bought a programme and a keyring to remember the occasion by. We got home around 11pm and were both so tired but very happy as we had such a great night. I would love to go and see it again if it comes back to Liverpool.



Prince's Trust

# Prince's trust

**Kerriann Woolley** joined the Prince's trust in April. With the help of staff she got the train to Liverpool every Wednesday and Thursday for 7-8 weeks.

At the Prince's trust **Kerriann** took part in gorge walking, BMX riding, first aid and food hygiene. She went on a trip to Wales where they did lots of activities and sports. She stayed there for two nights.

**Kerriann** met a lot of new people and made lots of new friends; she said she really enjoyed the experience.



# Prom Night



Here we see **Jordan Forrester** looking dapper, dressed up for his prom night.

He has recently finished school and we hear he particularly loved cookery, baking and singing in the choir.

A little birdie also told us that his teachers were sad to see

him go as he has done so well.



# Salisbury Court snapshots



# Wrexham Comic con



# CHESTER ZOO





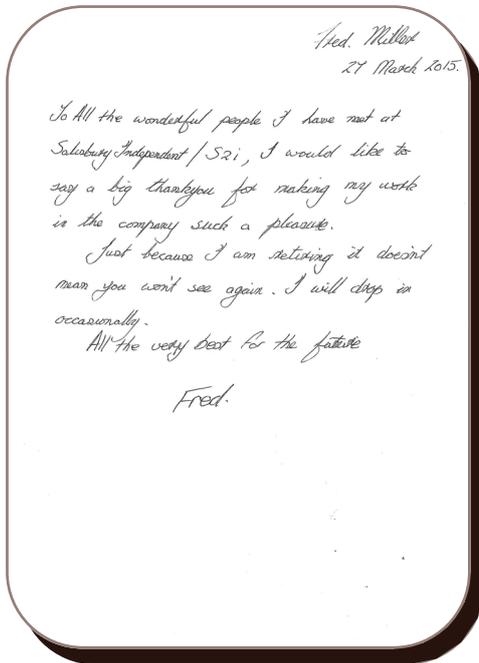
# Manchester Comic Con



Michelle Archer, Emilio De Julio and James Claxton went to Manchester Comic Con in July, here we see them mingling with the incredible characters they met there.



# Fred Miller



Recently Fred Miller retired. We received this lovely letter from him: it reads

*To all the wonderful people I have met at Salisbury Independent/S2I, I would like to say a big thankyou for making my work in the company such a pleasure.*

*Just because I am retiring, it doesn't mean you won't see me again, I will drop in occasionally .*

*All the very best for the future.*

*Fred*

## Squirrels



Look what this acrobatic squirrel is up to on the bird feeder at The Lodge!

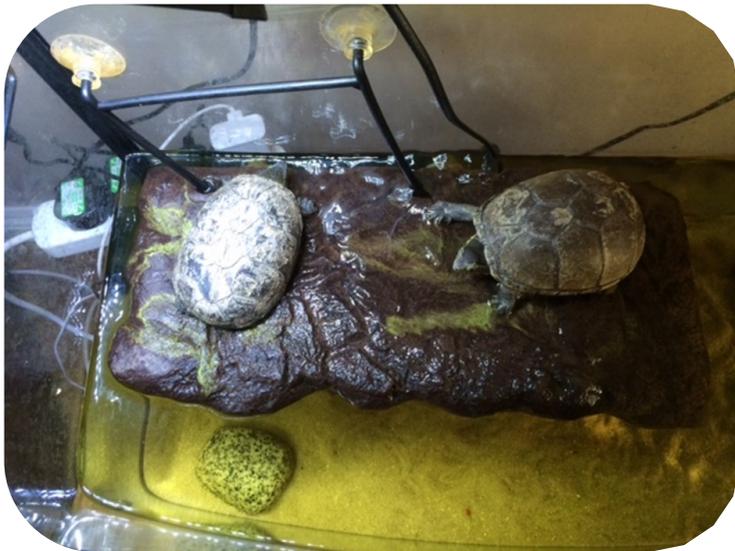
This funny scene was captured by Angela, as a naughty squirrel hung upside down to fill his belly full of bird seed

Isn't nature amazing!



# Pets Corner

In this issue the spotlight is on **Oliver Carden's** pets. In one of his tanks he has some beautiful Angel fish. In another tank he has turtles which he named Ninja and Turty, and finally he has two crayfish which he has hilariously

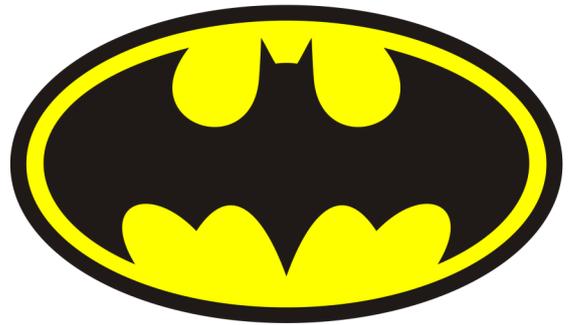


named Ronnie and Reggie Crayfish. We love Oliver's tanks and think they are very attractively set out. We particularly love the submarine which looks like it has a smiley face!

Do you have a pet that you would like to feature in Pets Corner? Send us a photograph of your pet with their name and details and you too could feature in an issue of the newsletter with your pet.



# Batmobile at New Brighton



Holy smokes readers! After many years the Batmobile returned to Fort Perch Rock in New Brighton along with Batman, Robin, Catwoman and the Joker and our man on the ground **James Claxton** was there to see it.



Here we see **James** pictured with Batman, Robin and Catwoman and the Batmobile itself.



Kapow! **James**, what a great set of pictures!



# Craft Club



Matthew Corcoran has created these fantastic sculptures, he has made a model airfield and a carnival scene at a craft club that is held at The Williamson Art

Gallery. Aren't they amazing!



# Cake Master



Take a look at this spectacular cake that Tomas Lavelle has made.

We hear that Tomas is an absolute whizz at baking and makes the most amazing cakes and cookies, his speciality we believe is lemon drizzle cake (Yum Yum)

We think that this is a cake that Mary Berry from The Great British Bake Off would be proud of.

# Masterchef



Here we see [Scott Battisson](#) giving Jamie Oliver a run for his money by making butter chicken from scratch with all natural ingredients. Scott dry fried the spice seeds, ground them in a pestle and mortar. He then mixed them with natural yoghurt and chicken breast and marinated it over night. The

next day he spit grilled the chicken, added the

marinate to chopped tomatoes, garlic and fresh

g i n g e r ,  
b u t t e r a n d  
c r e a m .

F i n a l l y  
a d d i n g t h e

chicken to make a delicious hand made meal which he really enjoyed. Scott wants to make a different meal from scratch once a month.



Looks delicious [Scott!](#)

# Pitta Pizza

Simply quick and delicious, the beauty of these is that you can put any of your favourite pizza toppings on them, there is no right or wrong way. It's also a great, tasty way to add lots of lovely healthy veggies to your diet.

Firstly, spread a small amount of tomato paste on pitta breads, sprinkle with cheese and top with whatever you are going to top your pizza with (chopped mushrooms, sliced ham, sliced peppers etc.) and put in the oven at gas mark 6 (200 degrees, electric ovens) for 8-10 minutes until the cheese is bubbling and the edges are crispy and golden. Don't forget to use your oven gloves.

Finally, tuck in and enjoy!



## Creamy ham, leek and mushroom spaghetti

### Ingredients

2 tsp olive oil  
2 medium leeks, thinly sliced  
200g mushrooms, sliced  
2 garlic cloves, crushed  
300g spaghetti  
140g low-fat soft cheese (you could use garlic and herb flavour soft cheese for variety)  
85g wafer-thin ham, cut up into pieces  
small amount of grated cheese

### Method

Heat the oil in a large saucepan. Stir in the leeks, 2 tbsp. water, cover, then cook for 5 mins over a medium heat until softened. Add the mushrooms and garlic, then cook for 3 mins more. Meanwhile, cook the spaghetti according to pack instructions, then drain, reserving a little of the cooking liquid.

Stir the soft cheese into the leek and mushroom mixture, adding enough of the reserved pasta liquid to give a sauce-like consistency. Add the ham then toss in the spaghetti.



# Crafts page

## Rolled Paper Beads

These rolled paper beads are colourful and shiny - perfect for making necklaces and bracelets. You can co-ordinate your jewellery with any outfit just by choosing the right paper. Go for something designed and decorative, or find out what fun colours and patterns you can create just from the pages in a magazine.

### What you'll need:

Old magazines or other decorative paper

Scissors

Ruler

Pencil

Craft glue

Yarn

### What to Do:

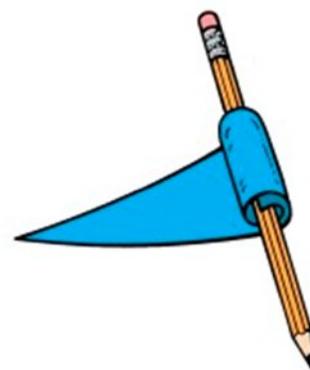
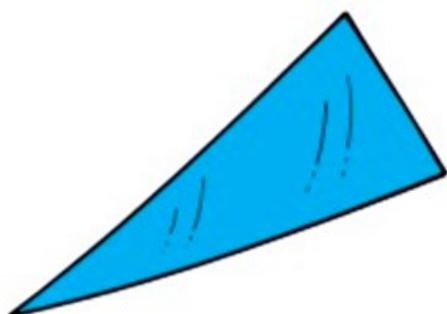
Tear out two or three colourful pages from a magazine. Use a ruler to mark an inch along the long edge of a magazine page. Continue making inch marks along the page. Starting at the first 1-inch mark, cut a long triangle from the magazine page. Repeat until you have 20 to 30 triangles.

Starting with the wide end of the triangle, roll it around a pencil. Continue rolling until you reach the point of the triangle. Place a dot of glue at the point of the paper, and smooth the point down.

Slide the paper bead off the pencil. Repeat until you've made 20 to 30 beads, depending on how long you want your necklace or bracelet to be.

String the beads on yarn. Tie the ends of your necklace or bracelet together in a double knot.

Why not give this fab craft a go? We would love you to send us a photograph of your finished jewellery to The Lodge with your name on the back to feature in our next newsletter.



# Summer Garden Colouring page



Colouring is a great way to relax and be creative all at the same time. We would love to see your finished coloured page and feature it in the next newsletter.

Send a photo into The Lodge to appear in the next issue, not forgetting to put your name on it