

Issue 11 Summer 2017

Client's Newsletter



The sun has got his hat on and has been shining down on the people we support.

In this action packed issue of the newsletter, read about cooking and baking achievements, acts of incredible generosity, fun filled holidays and days out, fund raising exploits and the cute and furry new addition to the team.

As always we have some delicious and simple recipes for you to try and a beautiful stained glass decoration to make for your window on our craft page and a colour by numbers picture to colour in



The Wirral Diamonds have had an amazing season this year. Turn to page 40 to find out how they did in the league



Read about how Overpool created a fun and colourful activity room on pages 38 & 39

Find out what Chris has been doing with these Easter eggs on page 3



Let's plant a Friendship Tree on page 30

THE MANLEY MERE ADVENTURE TRAIL

Manley Mere is set in the beautiful Cheshire countryside and is a great place to visit if you are looking for a fun filled day out. The Adventure Trail meanders through woodland, alongside a stream with obstacles and challenges on the way...it's a great way of having fun and spending quality time with friends.

Laura Churchman, Tom Nelson, Liam Holman and Richard Morris had a brilliant day running round and getting muddy.

They climbed hills, flew through the forest on a zip wire and lots of other fun activities. They had a ball!



Easter Bunny



Here at S2I, we have our very own Easter bunny in the form of **Chris Smith**.

Every Year, he realised there are poorly children who have to spend Easter in hospital, so he decided that he would like to help brighten up their stay. So for the past 4 years, he has been buying

a large amount of Easter eggs with his own money and making the trip to the hospital to deliver them to the children.

We are all extremely proud of you **Chris** for bringing a smile to the faces of poorly children.

What A kind hearted chap you are!

Pancake Day



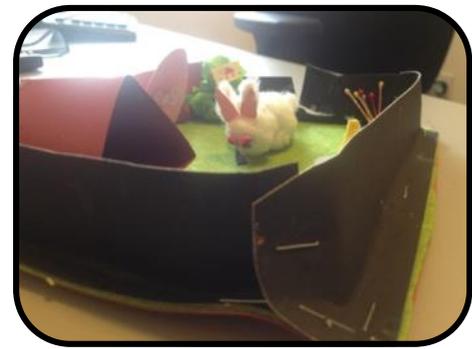
The chaps at Traynor Court had a fun time on Pancake Day. Everyone joined in to make the pancakes and picked their favourite toppings to go on them



HAPPY EASTER!



We here at S2I love getting involved in Arts and Crafts and over at Traynor Court, **Liam Holman** and **Sharon Blythe** had a great day preparing for Easter. **Liam** built an Easter bunny house which we think is amazing!



It's So Cakey



Joanne Molyneux shows us her skills in the kitchen with this delicious looking cheesecake she has made.

Save us a slice please
Joanne!

BARCELONA

By Jordan Forrester



I had planned with my staff to go on holiday to watch the mighty Barcelona in Spain. I went with Ste

Williams and Paul Kassim. On Wednesday 5TH of April we left Carrigeen at 4am and headed in a taxi to John Lennon airport to fly to Spain. When we arrived we got a taxi to our hotel The hotel Rambais it's huge! The view from the room was amazing. We spent some time looking round the centre of Barcelona looking at the building and checking the local shops out. We went to have tea before a little rest then we headed to camp Nou, the new Barcelona football stadium it's was unbelievable we went to watch them play Seville. The match and the crowd were amazing and even better Barcelona had won 3-0 even the rain didn't dampen our spirits.



On Thursday we hit the tour bus to take in all the sights of Barcelona then we headed to camp Nou to do the football tour inside I saw many all the trophies and went round the grounds and into the shop I

bought some football boots with my name and a badge on them. When I left the stadium we jumped back on the bus and headed to the cathedral which was great later on we went out for tea.

Friday we went out early for a walk down the other end of the city were I bought a Barcelona fc top then we went to the square to take in the music and the buildings. While we at the hotel we had breakfast which had everything from cooked bacon to croissants and doughnut. On Saturday we flew home, I really enjoyed going to Barcelona and can't wait to go again!





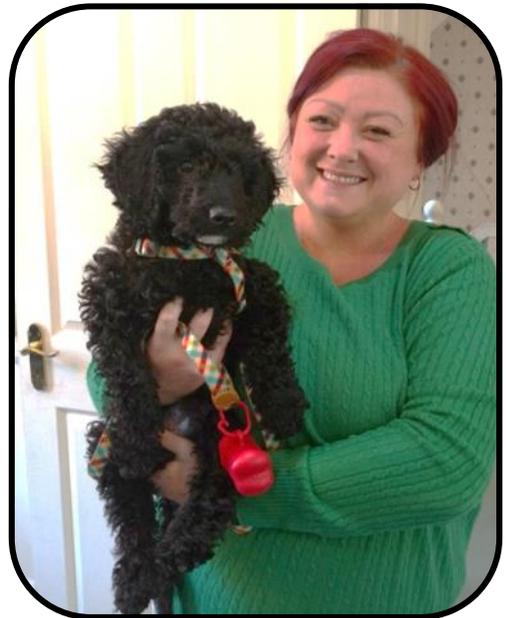
Ted The Dog



Traynor Court had a fluffy surprise visitor in the shape of Ted the dog. Ted belongs to Debbie Sharkey and she brought him along to meet everyone.



He soon made lots of friends and received a huge amount of cuddles, and who could blame them, he is adorable





Everyone's favourite acts from The X Factor hit the road for a tour of the UK, and [Liam Holman](#), [Emily Jones](#) and [Sharon Blythe](#) all went along to be part of the arena experience.



We are told they had a fantastic time



General Election



First time voters [Bill Smith](#), [Ian Grain](#) and [Rob Jones](#), made their voices heard when they voted in the General Election held in June



Rob Austin and Andrew Francis are keen anglers and spent the day at Claremount Fishery lake.



The sun was shining and the fish were definitely biting, Rob started the day catching some small fish and then landed the biggest fish he had ever caught and was very pleased with himself.



Andy had a slow start to the day but then started catching some really big fish and was very happy.



At the end of the day Rob ended up catching 9 fish and Andy caught 6. Rob even had time to have a little nap!



Our News

From Salisbury Court



Vicky Griffiths has joined Slimming World and has already lost 10.5lbs and received a slimmer of the week award

Ian Halliwell has started working on the farm



Rob Jones, Ian Grain, Elio De Julio and James Claxton spent the day at Manley Mere getting muddy!



Leon Pendergast and Sarah Bebbington travelled down to Maidstone by coach to watch Tranmere Rovers play. The coach left at 5.30am but they said it was well worth the early start as Tranmere won 1-0



Richard McLellan has been improving his cooking skills and made a delicious lasagne with staff, which he then enjoyed by sharing it with his Girlfriend for their tea

Rob Jones, Ian Grain and Bill Smith had a great day on the Narrowboat in the sunshine

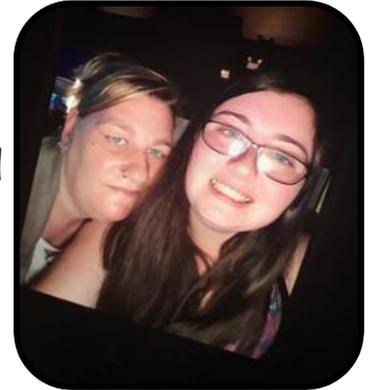


SUMMER FUN DAYS!





Claire Unsworth, Julie Bebbington, Sharon Blythe and Judith Hill had a girly holiday in Pontin's in Prestatyn.



They had a wonderful time, spending their days

shopping, having fun and dancing the nights away.

Sounds perfect Girls!



The staff who went away with them were especially

touched when they received a bunch of flowers to thank them for a lovely time.

What a kind gesture.



Strictly Come Dancing



Celebrating ten **FAB-U-LOUS** years, the Strictly Come Dancing UK live tour extravaganza was back on the road.

Amanda Graham, Laura Churchman, Sharon Blythe and Emily Jones were

there to enjoy their favourite celebrities from the television series recreate their famous dances and see what the judging panel had to say about each dance.

And their verdict was?.....It was definitely a 10 from Len!





On The Slopes



James Claxton went on a skiing holiday with his Brother to Val d'Isere. They spent their days on the piste, where they made lots of new friends. They enjoyed fondue and even tried the French delicacy of Escargot, which is snails cooked in garlic butter with parsley.





The Champion

Jerome from Traynor Court was crowned the British Thai boxing champion. He won in the 4th round.

All the guys are super proud of him!
He brought his trophy belt in for all to see.



What an adorable picture of [Ian Grain](#) and his Niece Islay



WEMBLEY



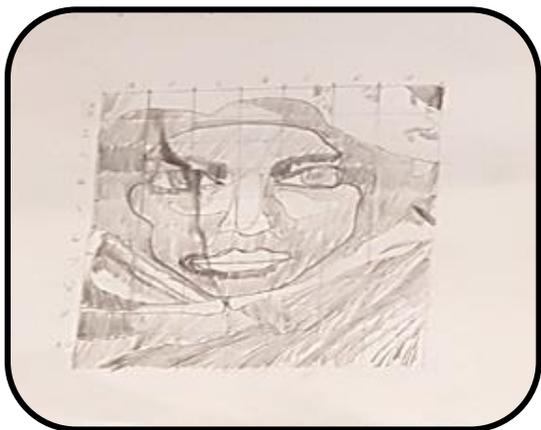
Tom Nelson and Rob Austin went off to Wembley to watch Tranmere v Forrest green in the Vanorama league play off final.

The sun was shining and they enjoyed the coach journey down to Wembley. Once they arrived Tom and Rob spent time looking around the stadium before kick off. Tom and Rob had a great pitch side view of the game but sadly Tranmere didn't play particularly well and eventually lost the match 3-1. Better luck next season super white army. Despite the long coach journey to and from Wembley and the result, both Tom and Rob really enjoyed the day out.





[Matthew Corcoran](#) is a hugely talented artist, he recently exhibited his stunning artwork in the Chaps exhibition in Northwich. This was an exhibition of art and crafts done by people on the autistic spectrum and was organised by Chaps (Cheshire Autism Practical Support) which is a support group that he belongs to which offers support to people on the spectrum and their families and/or carers.



"I find art classes very therapeutic." [Matthew](#) tells us "I particularly like doing my style of drawing which is basically drawing lines in pencil and adding colour if needed."

" I find art very relaxing, especially when I do it in the art museum where it is quiet and calm"



Tom Nelson is our roving reporter in this issue, here are some of the wonderful things he has done



Tom went on a tour of Cammell Laird shipyard with his friends from Mencap. He had a great time looking at the ships and seeing how they are built



Gardening Club



Tom is such a busy bee, he has two jobs.

One is volunteering at the Wirral blind society, renovating the gardens so that the people who access the centre have a lovely space to enjoy in the summer.



He also works at The Edward Kemp gardens in Birkenhead park, he works on the allotments there.

He is such a kind hearted guy who loves to garden and create a nice environment for everyone





Llandudno



Tom enjoyed a short break to the seaside resort of Llandudno. He went to watch Llandudno v Rhyl in a football match.

He had a fabulous time sightseeing around The Great Orme, He saw Cliff Richard's house, went to the cinema, played in the arcades and did some shopping



Southport



Southport is one of Tom's favourite destinations to visit, and when he went to see Southport play Chester at home, he decided to stay overnight.



He went out for a nice meal and spent the following day exploring the sights in his favourite town



James and a member of staff got the train from Overpool to Delamere Forest. When the time came we were given a safety sheet to read. Once we had read it we were given a safety briefing by our instructor. We put on our helmets and had a few minutes training on the Segway machines. The trails were bumpy and we did a lot of off roading. James was very good with his balance and had no problem controlling the machine. After the experience we parked our machines and got a certificate. James treated himself to an ice cream as a reward. We booked to go on the Go Ape Treetop Adventure in a couple of month's time.

Go Ape consists of wearing a climbing harness and making your way through the trees via a series of challenges and obstacles. We got the train from Overpool to Delamere. After we had a cuppa and a bite to eat we got booked in with Go Ape. We signed the relevant forms and got set up with a climbing harness each. The instructor checked everything was safe and gave us a brief safety talk. He then let us practice with the equipment on a low level course just to see if we were safe and had been listening to his instructions. Once he was happy with us he let us go on our own around the course. The course started off quite low but soon we were in the trees. We had to clip ourselves



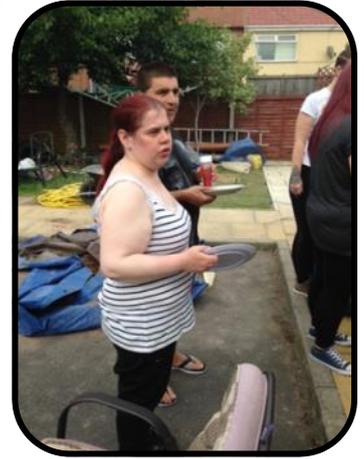
onto safety cables throughout the course and read the safety advice on every obstacle. There were 5 stages that increased with difficulty, each ending with a zip wire to the ground. Some of the obstacles between the trees were quite easy but others were a real challenge. Some consisted of rope swings and cargo nets. These were rather hard as it was raining while we went round and the ropes dug into your hands. The final stage was the highest and most challenging. It ended in a really long zip line. James turned around whilst going down and landed in the soft bark chippings backwards, getting a big muddy streak down his back. He was picking bits of wood out of his pockets all day. James did very well and listened to all advice from staff. He wanted to do it again but next time on a dry day.



It's
BBQ
Time!



The guys at Overpool had a sizzling time when they fired up the grill for a fun communal barbeque



In the Garden



Amanda Graham, Sharon Blythe and Chris Smith have been busy bees, freshening up the wood in the garden at Traynor Court





HAPPY BIRTHDAY



A tasty Italian meal at El Dente in Liscard was order of the day for **Laura Churchman's** Birthday, and **Brian Whelan, Kerry Cliffe, Sharon Blythe, Emily Jones and Mark Stockton** helped her celebrate



HAPPY BIRTHDAY



Warren Kavanagh had a lovely surprise when it was his Birthday, The chaps at Overpool presented him with one large present, but what he didn't know was that it contained lots and lots of smaller presents. It was something he did not expect and was delighted with his gifts.

A little bird tells us he is the big 5-0 next year!



WORLD AUTISM AWARENESS WEEK

MONDAY 27 MARCH TO SUNDAY 2 APRIL 2017

As you all know, we held a night walk and an Easter fun day to raise money for World Autism awareness week. We raised a whopping £594.24.

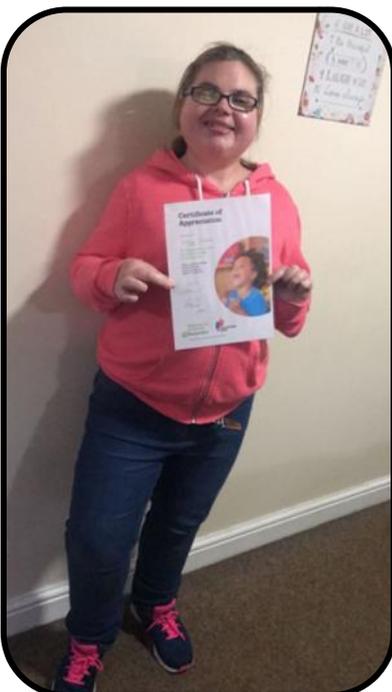


Liz Eddowes accepted the cheque in a ceremony at The lodge and we received a certificate to thank us for all our hard work.

Well done to everyone who helped



Barnardo's



Emily Jones volunteers three times a week in the Heswall branch of the Barnardo's charity shop.

She is a very kind and giving young lady and was thrilled to receive a certificate from Barnardo's thanking her for being a valued member of the team





Tom Nelson and Matthew Corcoran had a great time seeing all their

favourite sci-fi characters when they visited the Liverpool comic con



Traynor Court's Healthy living programme is still going strong.

They have now added bicycle rides to the agenda. Not only is it a great way to keep fit and healthy, it is also a fantastic way to see the beautiful parts of The Wirral that we may easily miss.

Here we see Tom Nelson, Liam Holman and Richard Morris enjoying the picturesque views





Race for Life



Cancer Research UK's Race for Life is a series of women only events raising money for research into all 200 types of cancer.

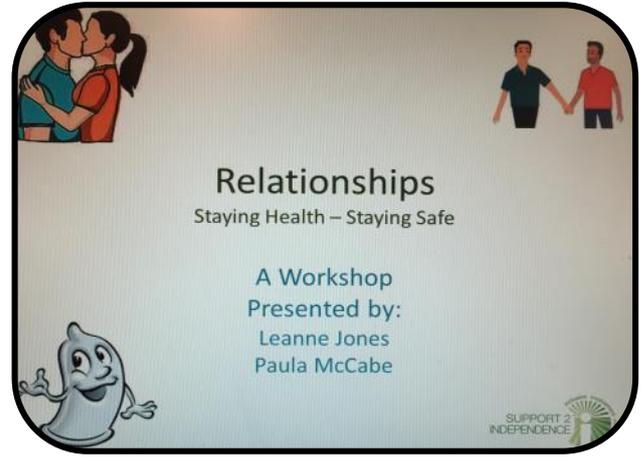
Each Year [Kerriann Woolley](#) takes part in the race at Birkenhead Park and this year was no exception.

[Carrie Thomas](#) and [Jenny Tarry](#) went along to cheer her on.

Here we see her at the end of the race with her well deserved medal.

Well done [Kerriann](#), what an achievement





'Relationships' Course for People we support on 25th January 2017.

Leanne and Paula organised this course 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 relationships 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.

Leanne and Paula wanted to provide support 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. The course will be held again, why not ask staff to book you a place?



WONDERLAND



Laura Churchman, Mark Stockton, Claire Unsworth, Tom Nelson and Carrie Thomas visited the Empire theatre in Liverpool to see the musical Wonderland. Based on the classic book Alice in Wonderland but with a modern twist. Alice is a down on her luck single Mum.



The guys tell us they had a fantastic evening and thoroughly enjoyed the show



The Blues Brothers



Carrie Thomas, Claire

Based on the hit movie, The Blues Brothers musical came to The Floral Pavilion in New Brighton and Emily Jones, Mark Stockton, Liam Holman, Amanda Graham, Rob Jones, Unsworth, Sharon Blythe and Tom Nelson went along to enjoy the experience.



They had a toe tapping night, dancing in the aisles to the fantastic music





Friendship Tree



Many of you will have met the lovely Mick Lynch, he comes to visit us each year. He is known for his bright and cheerful manner and his long list of jokes which have us in stitches.

On one of his visits to Traynor court he was taken by the beautiful garden that had been created by the people we support and generously donated some money to buy something to go in it in honour of a dear friend of his.

Everyone at Traynor was incredibly touched by this wonderful gesture and thought long and hard about what they could buy to go in the garden and came to the decision that they would get a blossoming tree so that whenever Mick came to visit, it would be beautifully in bloom and would be a lovely reminder of his friend.

Mick was given the honour of planting the tree which is now known as "Anne's tree" and we see him here at the planting ceremony with Ted the dog as guest speaker.



Sharon Blythe, Amanda Graham, Brian Whelan and Tom Nelson went on a fun packed coach trip to Colwyn Bay and Llandudno.

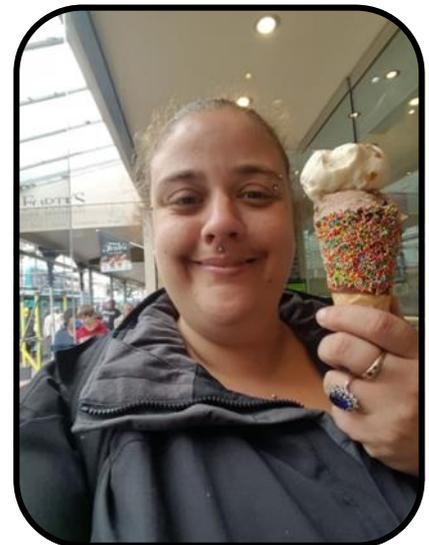


They did the Alice in Wonderland trail in Llandudno which is a series of statues of

characters from the famous book which are scattered all over the town.



Even though the day was grey, the rain stayed away and the chaps had a wonderful time exploring and



Amanda treated herself to the most delicious looking ice cream



BRICK UP THE MERSEY TUNNEL

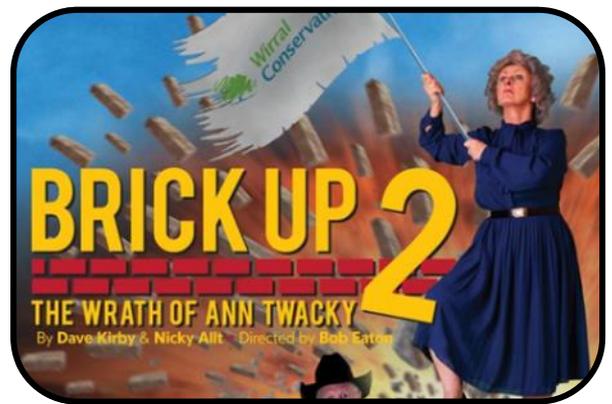


Ten years ago a musical comedy that pitted Liverpool against Wirral revolutionised the fortunes of the Royal Court theatre.

Brick Up the Mersey Tunnels became one of the biggest successes in Liverpool theatre-going history.

Amanda Graham, Laura Churchman and Mark Stockton went to see the sequel "Brick up 2 (The Wrath of Ann Twacky)".

They tell us that they had a fabulous night out and it is even funnier than the first!



The Hive



WIRRAL YOUTH ZONE

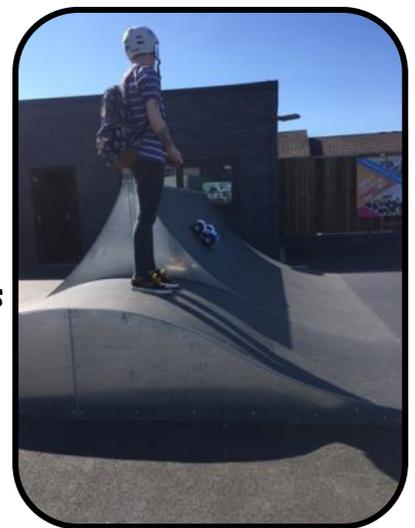


Chloe Cooper has joined The Hive Wirral youth zone and is really enjoying all the activities on offer.

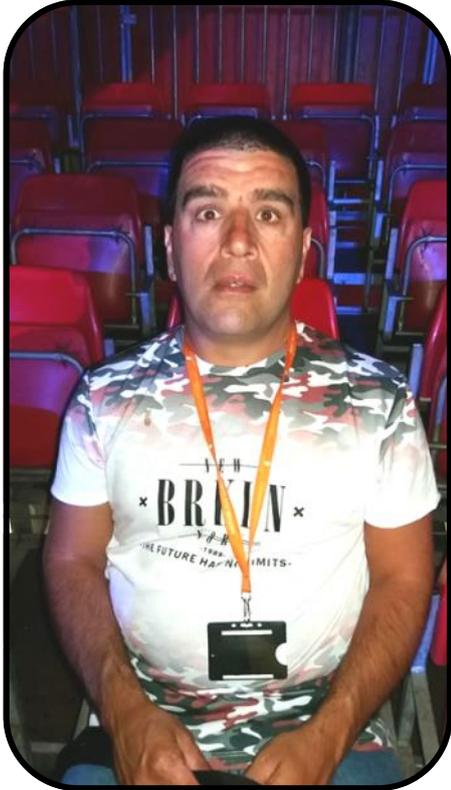
Her favourite part is the skate park and here we see her with her remote control car.



Anyone with learning disabilities who are under 25 years old can join. It is £5 for the year and then activities are 50 p each



CHINESE STATE CIRCUS™



James Claxton and Elio De Julio went to The Chinese State Circus in Central Park, Liscard. They had good seats with a good view. There was a mix of male and female acrobats and single performers from China. Some of the acts did balancing with chairs and some used parasols. There were ladies doing bicycle stunt riding and a group of men doing a swing act. There was a special guest act from Eastern Europe and they did a high rise swinging act, diving into a small tank of water then going back up to the top of the arena again then

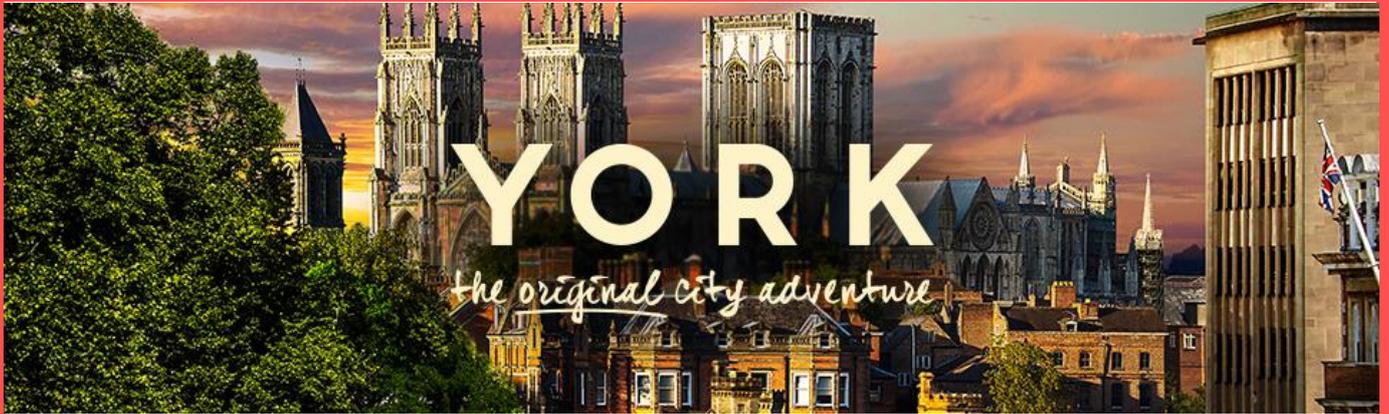


plummeting into the water which by this time was on fire. In between acts there was a performer called The Monkey King who entertained the crowds. At one point he pulled members of the audience on stage for a balancing show and James was chosen. It involved doing a silly dance then sitting on a stool with three other men. Once the Monkey King had them



in the correct position he removed the stools and left them hanging in mid air. Eventually the Monkey King told them to stand up but they all fell on top of each other laughing. James and Elio had a fantastic time and would love to see them again. The Chinese State Circus is highly recommended by James and Elio





York, with its medieval streets and towering Minster, is a wonderful place to visit as Sharon Blythe found out recently.

Sharon spent the day exploring this fascinating city, she tells us that she really enjoyed the sightseeing and checking out the shops and she would love to go again. She even made a new friend in the form of a six foot tall teddy bear!





THE COOKING CLUB



Overpool have a cooking club where they get together and create a tasty meal for everyone to share.

Here we see a delicious looking chicken pie, cooked by [Michelle Archer](#), [Anne Stokes](#) and [James Claxton](#)

Yum Yum!

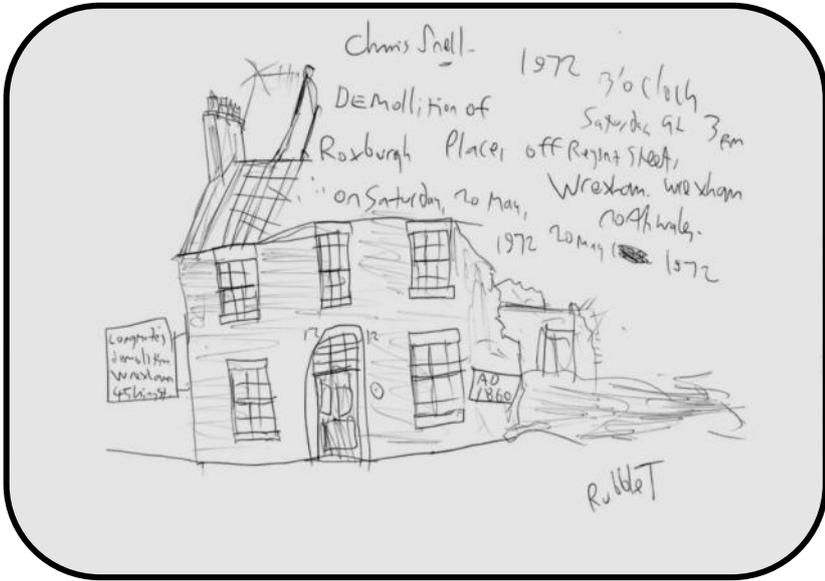
Weight Loss



[Matthew Corcoran](#) has been attending Slimming World and has so far lost a stone in weight.

Well done [Matthew](#), that is something to be proud of!





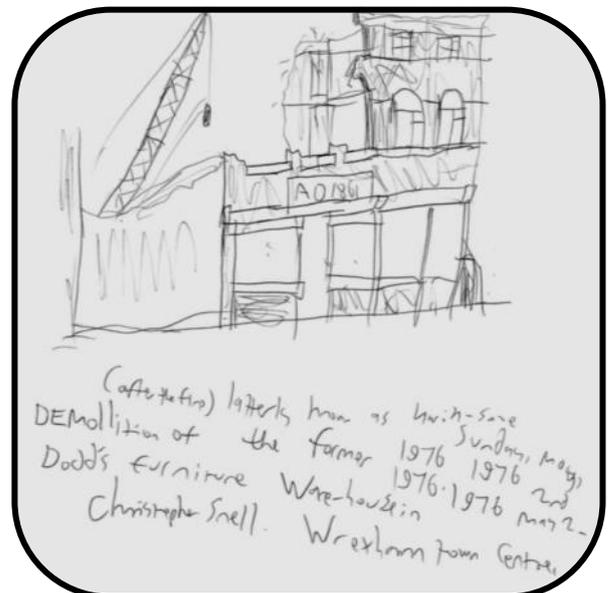
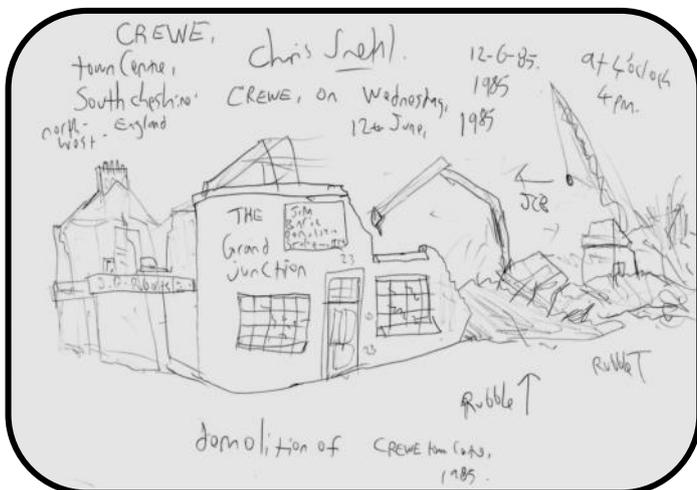
Chris Snell has an incredible talent, he can see a scene and draw it later on in detail.

Chris enjoys going to see buildings being demolished and has drawn this

set of pictures.

He has remembered the tiniest of details such as the date of the demolition and features on the buildings and added them to the drawings.

Fantastic work Chris!



Mencap Singles

Mencap started monthly singles nights to support people with a learning disability to meet new people in a safe and supportive environment. They will be organising nights in different parts of Wirral and in different venues such as restaurants and bowling alleys.

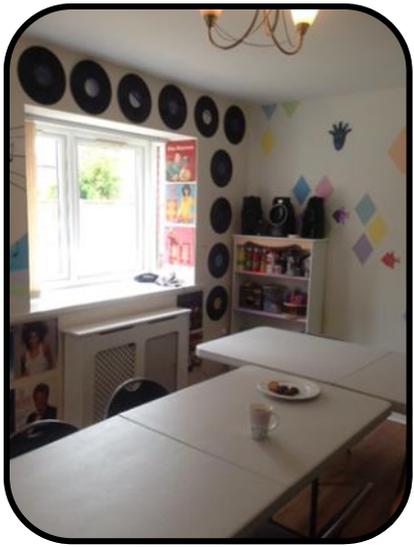
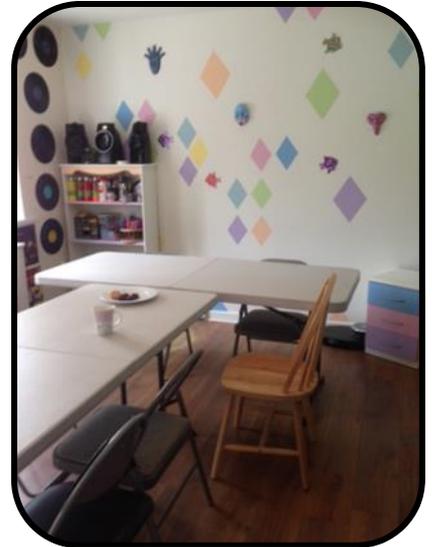


On the first night, Liam Holman, Laura Churchman, Tom Nelson and Chris Smith went along and enjoyed a fun night meeting new friends



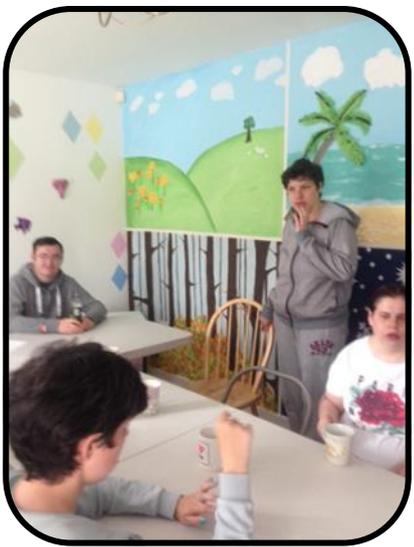


Activity Room



The chaps at Overpool have been very busy creating an extra special space for activities.

Everyone has helped to create this fantastic activity room and helped to paint colourful themed murals to brighten up the walls.

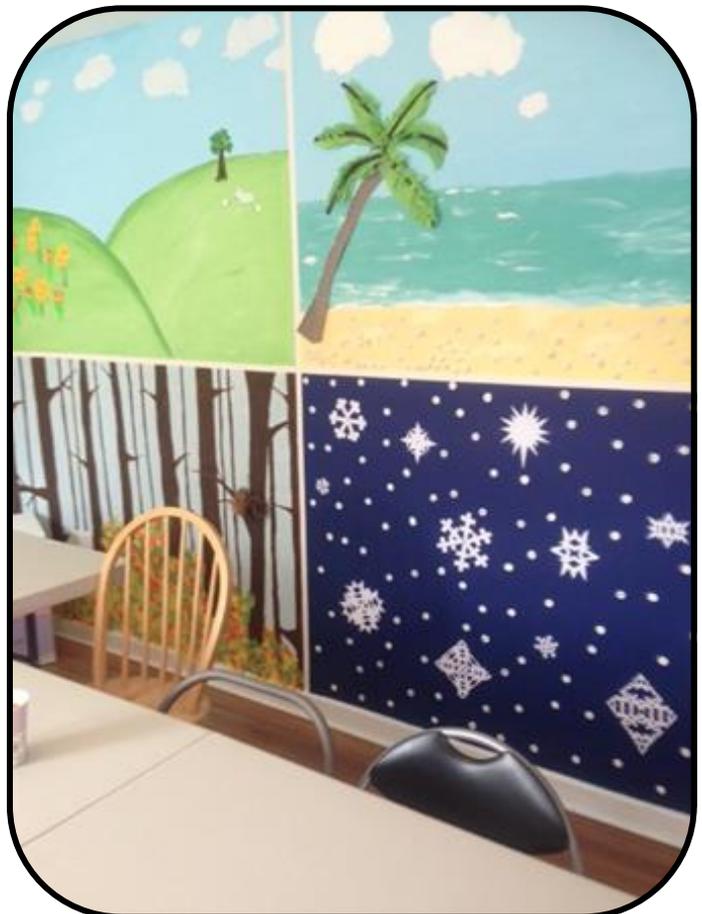




They now use this room to hold weekly coffee mornings to discuss future activities.

One of the walls features a seasons themed mural. Not only is it painted scenes, it also has 3D effects to create a more lifelike appearance

Well done guys, it looks amazing!





Wirral Diamonds



The Wirral diamonds completed what turned out to be a fantastic season by winning the LCFA all abilities league 1 championship by a handsome 7 points, playing attractive, high tempo, one touch football throughout the season.

The Wirral diamonds have matured as a team as the season has progressed and have shown themselves truly worthy winners.

Going into the final weekend of fixtures, The Wirral diamonds held a 2 point lead over their nearest rivals The Warrington wolves. The Wirral diamonds got off to a perfect start, thumping Walton 5-0. After beating Liverpool 2-0 in their second match, the championship was already won after The Warrington wolves dropped points in their two opening fixtures. Nevertheless The Wirral diamonds remained focused and continued their great form to beat The Warrington wolves 1-0 in the final match, winning all 3 games without conceding a goal.

The team was presented with the championship trophy and winner's medals after all the days fixtures had been completed. The team can be extremely proud of what they have achieved this season and in the manner in which they became winners.



Tyre Painting



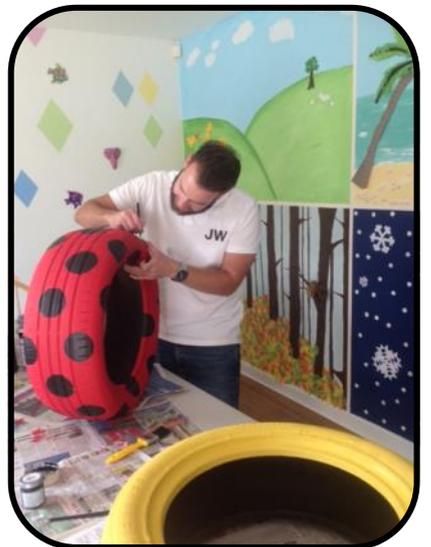
The activity room at Overpool has been put to good use already.

They decided that they wanted to brighten up the outside space with some colourful plants and flowers and came up with the genius idea of using old tyres as planters.



So, paintbrushes in hand they set to work on transforming the boring old tyres into something special.

What a brilliant idea, the new planters look fantastic!





Girl's Day Out!



Laura Churchman and Sharon Blythe had a fun filled day out to Southport.



The day may have been dull and rainy but that did not dampen Laura and Sharon's spirits.



They had a lovely day visiting the pier and doing a spot of shopping in the many shops in the town





We would like to introduce our new gardener He is Sean Dutton. Many of you will recognise him from Overpool where he worked as a support worker.

He has joined Salisbury Independent Living to look after all the gardens. So if you want to get involved in your garden, or if you have ideas or want to grow something

Ask Sean and watch your garden grow



Amanda Graham and Sharon Blythe spent the day at Chester Zoo.



It was a beautiful sunny day and they decided to get their faces painted. Amanda chose to turn herself into a butterfly and Sharon became a tiger.



SUMMER in Blackpool



Bill Smith, Ian Grain and Richard McLellan went on a break to Blackpool.



They got the train and settled

themselves into their hotel before setting off to see the sights. They explored the spooky Blackpool dungeon, The Sea life centre and The Blackpool tower.

They had a wonderful time on their holiday





Monkey Forest

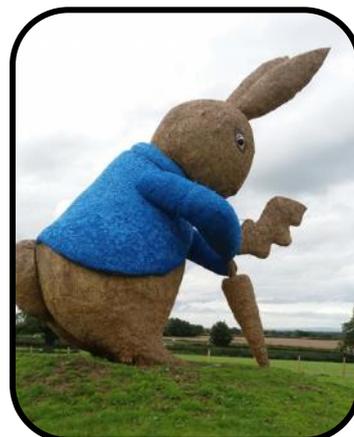


Trentham Monkey Forest is unique in the UK, the only place you can walk amongst 140 Barbary macaques! Set in a beautiful Staffordshire woodland, the forest is home to 140 free-roaming monkeys - the endangered Barbary macaque.

James Claxton spent the day with the monkeys and other animals there.



James says this monkey looks like Angela from The Lodge!



Stained Glass Kites

You'll need:

A sheet of black construction paper

1/2-inch strips of black construction paper

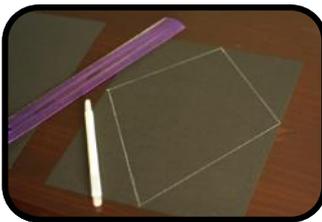
scrap pieces of black construction paper (from cutting out the kites)

assorted colours of tissue paper - you can cut it into squares or tear pieces

clear Contact paper

yarn or ribbon

coloured construction paper scraps



Cut a kite-shape from black construction paper. Then, cut out the centre of the kite, leaving about a 1-inch frame.

Tape a piece of clear Contact paper, sticky side up, on the table. Stick your kite frame down and create a design with black paper strips or shapes. You could do traditional cross shape strips, or something of your own creation.



Start covering your kite shape with coloured tissue paper squares or pieces



When your kite shape is completely covered with tissue paper, seal with another piece of clear Contact paper. For best results (less wrinkles and trouble), stick the cover sheet to one end and slowly smooth it down over the tissue paper. Cut out your kite shape, cutting off the extra paper strips and contact paper.

For the tail, staple a piece of yarn or ribbon to the bottom of the kite. You



can also added a few construction paper flags to your tail - cut out a simple bow tie shape and staple to the tail.



Tape your colourful kites in a window to brighten up a gloomy day. Here's to kite-flying weather heading our way soon!

Baked Dippy Eggs



Ingredients

1 large slice of ham
8 small spinach leaves
8 cherry tomatoes
4 eggs
Grated cheese

Method

Switch the oven on to 180C/160C fan/gas 4. Put 4 ramekins in front of you. Cut the ham and spinach into strips. Put some in each ramekin. Squash the cherry tomatoes into a bowl using your fingers. Spoon 2 tomatoes and some juices into each ramekin. Break an egg into a bowl. Scoop out any pieces of shell with a spoon, and then tip the egg carefully into the ramekin. Do the same with the other 3 eggs. Grate the cheese and sprinkle some on top of each egg. put them in the oven on an oven tray for 15-18 minutes or until the egg white has set.

You can easily vary the vegetables in this dish depending on what you like. Frozen sweetcorn, frozen peas, snipped red or yellow pepper or spring onions all work well.

Instant Berry Banana Slush



Ingredients

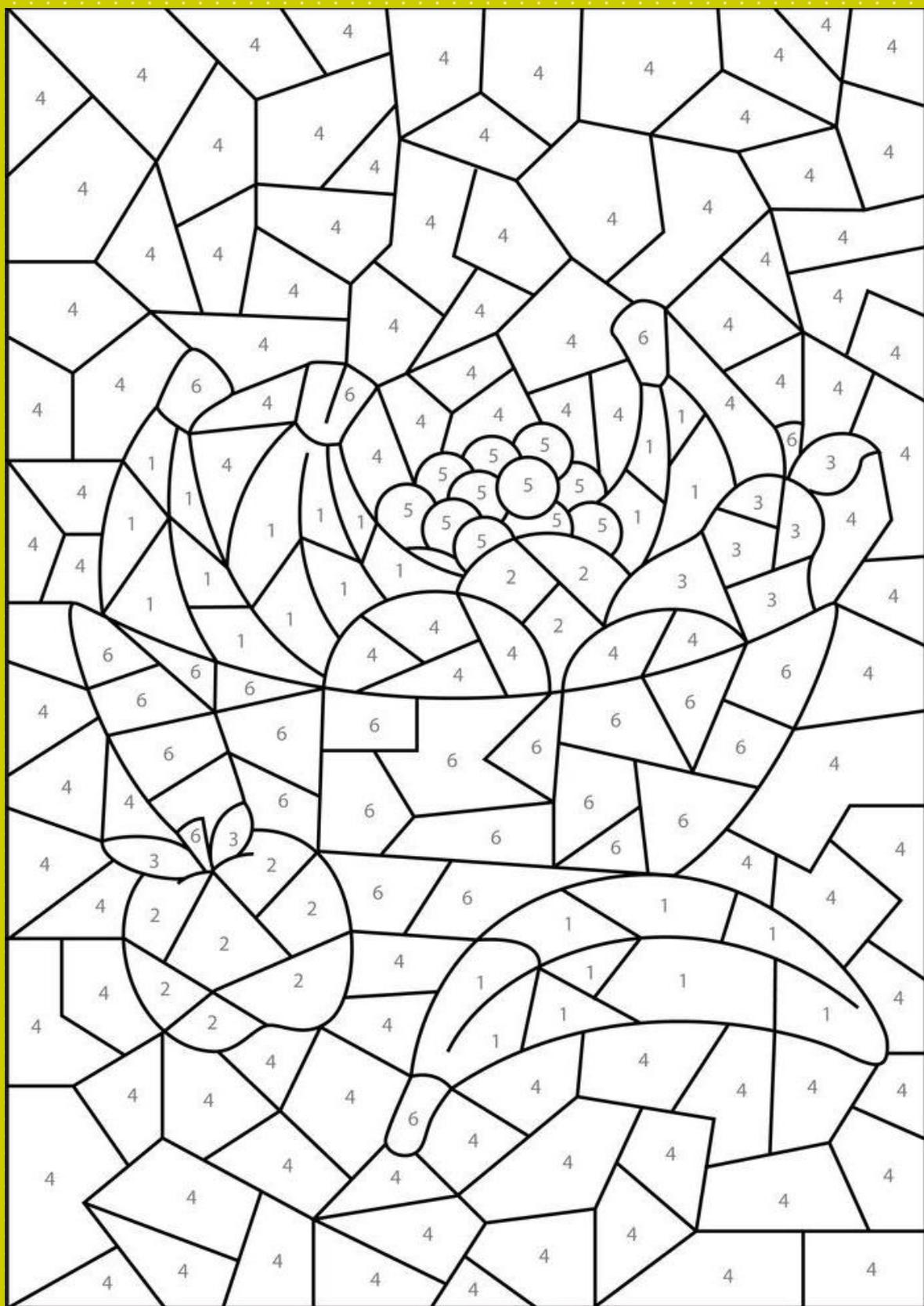
2 ripe bananas
200g frozen berry mix (blackberries, raspberries and currants)

Method

Slice the bananas into a bowl and add the frozen berry mix. Blitz with a stick blender to make a slushy ice and serve straight away in two glasses with spoons

Colour by numbers

Colour the picture in below, by following the numbers and their corresponding colours



1. Yellow 2. Red 3. Green 4. Orange 5. Purple 6. Brown