

Issue 18 - 2021

Client's Newsletter



Boxing on page 9



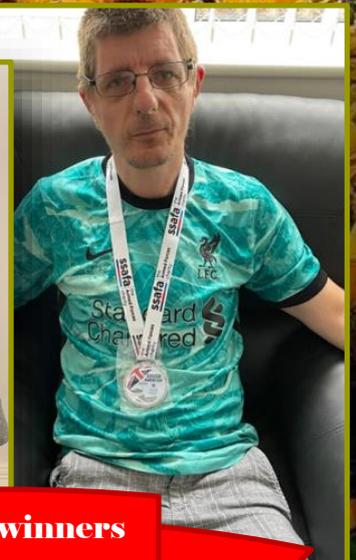
Washing cars on page 28



Fun in Chester on page 30



Carrigeen's garden makeover on page 34



Medal winners on pages 24 and 33

PLUS

Why not try the yummy recipes on page 40



Christmas Joy



Andrew Griffiths was certainly full of Christmas spirit and got into the swing of the Yuletide season. Here we see him with his first ever Christmas tree.

Andrew tells us, he was really looking forward to Christmas. He has had support to eat well and to buy new clothes and is feeling and looking good.

Andrew says he enjoys spending time with his friend

Brian, and they while away their afternoons playing chess and putting the world to rights.

What a beautiful tree you have created

Andrew, and your wonderful smile is a joy to see.



Jingle bells



Following on from the clap for carers in the summer months, Traynor Court decided to

have a Christmas Eve jingle. They decorated the front of Traynor Court and invited all the neighbours in joining them to jingle bells on their doorsteps to celebrate Christmas Eve, to let everyone know that they were thinking of each other over the Christmas period.



Christmas Jumper Day

The S21 Christmas jumper competition was a great success, we had many fantastic entries.

Our judge, [Amanda Graham](#) had a very difficult time choosing the winner, eventually deciding on [Glyn Williams'](#) fun Father Christmas jumper.

Angela from The Lodge joined in on the fun, but a jumper drawn on a post it note could not be considered a true entry and she was duly disqualified.

Better luck next year Angela and congratulations to [Glyn](#), a worthy winner





Elf day

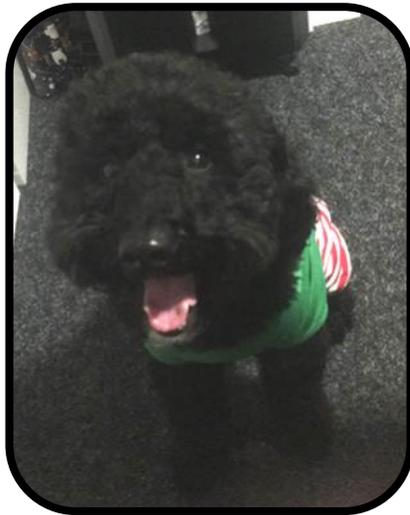


The elves were out in force at Traynor Court, when they celebrated Elf day.

There was lots of fun to be had with games and quizzes.

Even Ted the dog got in on the action with his adorable elf costume.





JIGSAWS



During lockdown, [lan Halliwell](#) decided to really challenge himself by completing jigsaws, but not just any old jigsaws but 3D jigsaws.

Here we see him proudly displaying his work, and rightly so [lan](#), they look amazing!



Sean the gardener would like to extend a huge thank you to everyone at each property.

He said that everyone has been doing their bit to make sure that the grounds and gardens of their properties are kept spick and span



Our resident Rocky Balboa, [Josh Asterley](#) has been keeping up with his training during lockdown and has been practising lots of boxing with Ste Murphy.

[Josh](#) tells us he is loving it.

Way to go [Josh](#). Keep up the good work!





What a wonderful time everyone had at Salisbury Court on Christmas Day with everyone opening their Christmas presents then enjoying a traditional Christmas dinner with lots to choose from.

[Karl Janson](#) and [Julie Bebbington](#) joined them for the festivities and everyone had a lovely day.



SANTA'S GROTTO



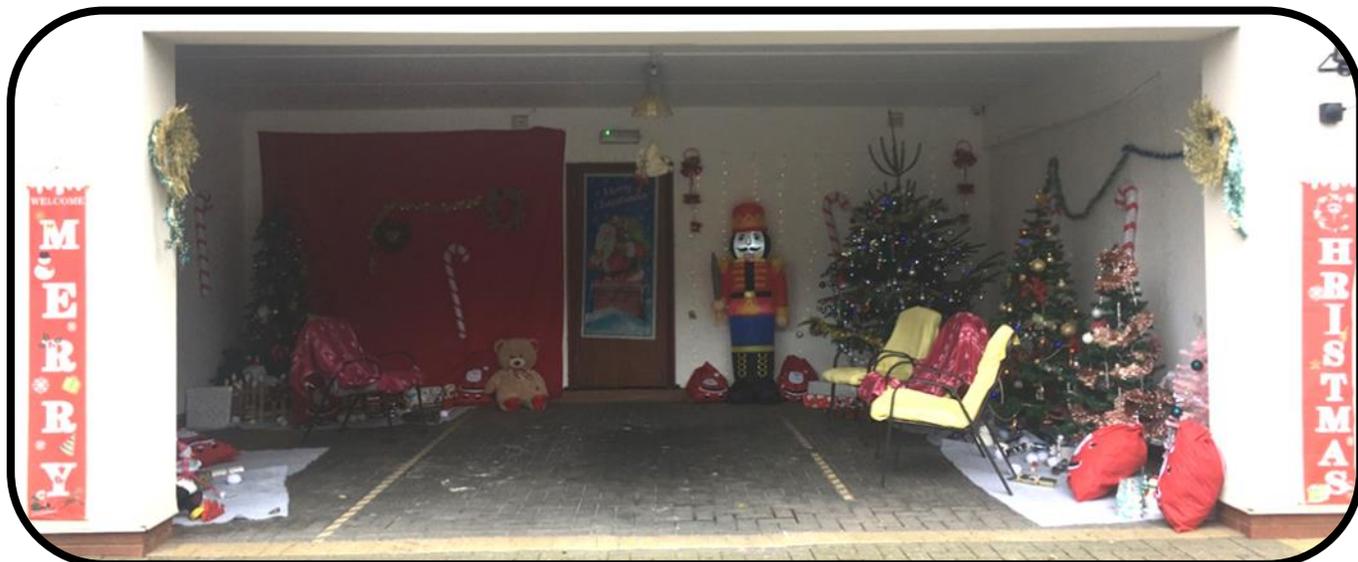
Traynor Court created a wonderful socially distanced Grotto for Families to visit their loved ones at Traynor Court over the festive period.

The families were completely overwhelmed at the effort made to give them such a lovely safe place to visit at Christmas.



B&Q kindly donated a large Christmas tree, Inspirations donated fairy lights and the friends and family of staff kindly donated a selection of other Christmas loveliness .

What a stunning transformation of a boring old carport.



Gingerbread House Competition



Traynor Court held a gingerbread house competition at Christmas.

Everyone produced amazing gingerbread houses. So much so that the judges had a really difficult time picking the winners.

Eventually [John Rowlands](#) and [Sharon Blythe](#) were judged the winners, but thanks to everyone who took part, all the entries look spectacular.



My Lockdown story

By Phil Johnson



Since March, we found out that we were going into lockdown due to Coronavirus. Ever since, it has been really hard for me to cope with. The thing I have found most difficult is not visiting my Mum like I used to.

The staff at Salisbury Court have really helped me with coping with this. When I am feeling upset or stressed, I always reach out to staff for emotional support. Staff will come up to my flat to have a cup of coffee and a chat as this is one of the best ways to help me feel better. I also ask staff to go on walks around the block or the parks to maintain my health and wellbeing. I like going on walks for the fresh air and this helps to clear my mind.

During lockdown, I have been buying myself nice new furniture to make my flat look more homely. I have bought myself a new coffee table and side cabinet for my lounge. I am now looking to buy a new sofa next.

As I am a Liverpool FC fan, I have made my bedroom nice with Liverpool curtains and bedding to match my new white wardrobe, drawers and bedside table. I love my new bedroom.

At Salisbury Court, we always throw parties for special occasions such as Christmas, Halloween, New Year, Valentine's and Tenant's Birthdays. As my Birthday was in lockdown, I had a Birthday party here. We had a disco with all my favourite music and a buffet. We had a lot of fun at the party.

Every Sunday, I take part in the communal meal and pudding and the communal takeaway at the end of each month.

Recently, I had my first dose of the Covid vaccine, I'm so happy that I have had it and I can't wait to get my final one. All of this has made me cope with lockdown and hopefully we will be out of lockdown soon, so that I can go and see my Family because I have really missed my Mum.

My Lockdown story

By Tom Alman

Good points

- I have saved money with support from staff.
- I have bought a new bike.
- Going on long walks/bike rides to help frustration.
- Cleaning the communal areas and pool room equipment.
- Sorting out my flat.
- Enjoying communal meals.
- I enjoyed Christmas dinner with all tenants at Salisbury Court.
- I have been engaging well with my LD Nurse Becky.
- Taking part in the communal pool tournament.



Bad points

- Not being able to spend time with friends and Family.
- Not spending Christmas with my Family.
- Not being able to socialise in the community, missing the atmosphere of the pubs.
- Getting stressed out a lot due to Covid 19 rules
- Feeling angry/frustrated.
- Listening to Covid related news.

My Lockdown story

By Sarah Bebbington



Since the start of lockdown, the things that I have missed is not seeing my Family and friends, especially not being able to stay over at my Partner's at the weekend. I have also missed going to watch Tranmere Rovers when they play at home and away, as I really enjoy going to see them play with my Partner.

I have also celebrated my 33rd Birthday in lockdown and I can't wait until this is all over so that I can go and see my Family and friends.

I am missing my Family so much, I can't wait to see them all and be able to give them all a hug again. I especially can't wait to see my Mum, Sister, partner, Stepdad, Dad and Grandad.

I miss them all so much.

I am grateful to all the staff at Salisbury Court for keeping me safe during this difficult time that we are in at the moment, but I know that one day when this is all over, we will be able to go and see our friends and Family and be able to give them hugs again.

I know by not going out and staying at home as we all are now, we are keeping everyone safe and well so that one day everything will go back to normal and we will be able to meet up again when this has passed over.

I also can't wait to see the Tranmere Rovers players again one day when this is all over.

My Lockdown story

By Rob Jones

Good points

- Achieving to save for and purchase an adult replica championship WWE belt.
- Bike rides to help clear my head and provide me with exercise.
- Enjoying all communal meals.
- Having staff keeping me safe and helping with reassurance around all Covid guidelines.
- Being able to Facetime my Girlfriend.
- Doing odd jobs around the building.
- Healthier diet and home cooked meals.
- Sorting out my flat ready for new home improvements



Bad points

- Not being able to go to The Farm.
- Not being able to work on the van with Pete.
- Not seeing my Nieces and Nephews.
- Not being able to play football.
- Not being able to go on any trips.
- Not going out for meals in restaurants.
- Feeling stressed over daily routines.
- Feeling annoyed.
- Not being able to socialise in the community with friends and Family.
- Not spending time with my Girlfriend

I would like to thank all the staff for everything they have done.

My Lockdown story

By Ian Halliwell

Good points

- I have saved money
- Buying a new bike.
- Taking part in the pool tournament
- Purchasing a new iPad to play games.
- Doing Lego puzzles with staff helps to reduce anxiety and is relaxing.
- Going on bike rides/walking, helps clear my mind.
- I have reduced my alcohol intake.
- Sorting out my flat.
- Keeping busy doing odd jobs/helping others



Bad points

- Missing time with my Mum makes me upset.
- Missing visiting Family and friends.
- Feeling stressed staying in my flat
- Anxiety.
- Listening to Covid 19 news on the TV, it makes me anxious and annoyed.
- Emotional upset with lockdowns, news, not seeing Mum

I would like to thank all the staff for being there for me and putting up with me through all of this, and I would give them all a massive 10 out of 10, they have been amazing.

My Lockdown story

By Michael Corbett

Good points

- Clap for the NHS on Thursdays
- I bought new clothes.
- helped staff build a bed.
- Organised pool competitions.
- I bought a new bike.
- I have been on bike rides and earned medals.
- I ran a 5k for a medal.
- played music for tenants parties.
- generally being kind to all.
- painted the garden shed.
- cooking meals with staff
- complying to Covid rule.
- washing the staff's cars



Bad points

- not being able to visit Family.
- not being able to go and watch Tranmere Rovers.
- not being able to stay over at my Girlfriend's flat.
- not being able to go on my swimming activity.
- not being able to play football with my teams, Wirral Diamonds and Tranmere.
- having to keep a 2 metre distance from everyone.
- not being able to go out to eat with Family on Birthdays.
- not being able to stay with my Family at Christmas.

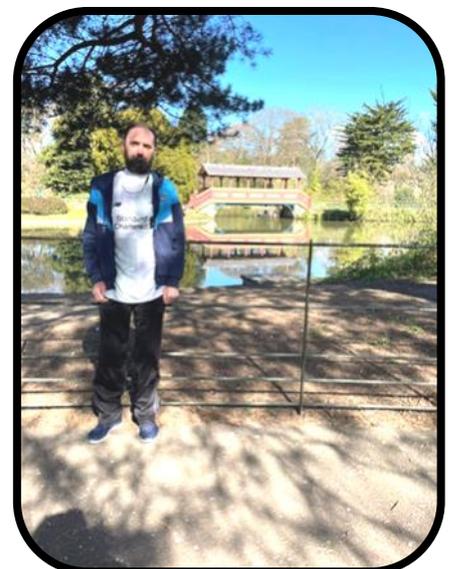
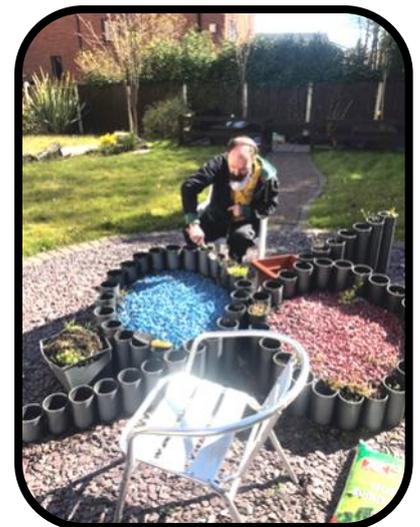
WELCOME



We would like to welcome **Andy Robson** to his new home at Traynor Court. **Andy** loves his new flat and would like to thank everyone for making him feel so welcome.

Now lockdown restrictions have eased a little, **Andy** has enjoyed going out and especially enjoys going to Birkenhead park for walks and to feed the ducks.

As a big Liverpool football fan and a keen gardener, **Andy** was delighted to be able to plant the flowers in the Hillsborough 96 memorial on the anniversary of the Hillsborough disaster.





MasterChef



Alistair Elliott has been cooking up a storm in the kitchen and improving his culinary skills during lockdown.

He has been making himself some tasty evening meals



Happy Birthday

Paul Lysaght celebrated his 50th birthday, tenants and staff surprised him with a fantastic cake and lots of presents, one been a limited edition print of Everton football clubs ground Goodison park.

Paul was very surprised and over the moon with all his gifts.



UPCYCLING

Ian Halliwell has kept himself busy with some serious upcycling. He has taken a tired looking sideboard from Salisbury

Court and transformed it into a stunning piece of country farmhouse chic.



Happy Easter!



Easter at Traynor court was lots of fun. Tenants made Easter bunny ears to wear. Things got a little messy when everyone made chocolate crispy Easter cakes. There were smiles all round after the Easter bunny had visited leaving Easter eggs and gifts for all.

Traynor court looked lovely with all the Easter decorations made by the tenants who had fun doing Easter activities.



Red Nose Day



Tenants at Traynor Court had fun on Red Nose Day dressing up as superheroes in pyjamas wearing their red noses. Sharon Blythe enjoyed posing in her outfit. Well

done Traynor court on raising £60 for comic relief.



With the easing of lockdown, the chaps at Salisbury Court have decided to get fit again by playing football in the local park





Savings



Ian Halliwell did such a good job of saving money during lockdown that he was able to purchase a new bike.

Ian tells us that he uses his new bike to visit his Mum in Chester.

Armed Forces Day SHOW YOUR SUPPORT



Richard Williams recently completed a bike ride for Armed Forces Day, he was joined by staff member Kevin Stock.

Their epic journey was 15 miles and Richard received a medal for his efforts.

Well done Richard, what an amazing



HAPPY BIRTHDAY



What a lovely day [Alistair Elliott](#) had when he celebrated his 50th Birthday recently.

He went to visit his twin Brother Duncan to give him his Birthday presents, he then went for a delicious meal with his family.

When he returned home, he had a lovely surprise waiting for him, as all his friends at Salisbury Court had arranged a surprise party for him, with a cake, presents, buffet and a disco.



[Alistair](#) tells us he had a wonderful time and spent the whole day smiling.



HAPPY RETIREMENT



We recently bid a fond farewell to our good friend Rocky due to his retirement.

As part of the housing support team for many years, if there were any maintenance issues in your homes, Rocky would be there with his trusty tool kit to come to the rescue.

A well loved part of the team, he will be missed by us all.

Good luck Rocky and enjoy your well deserved retirement!







As good as new

Our resident craftsman [Ian Halliwell](#) has been busy restoring a bench for Tudor Court..

The memorial bench for our friend Paul Roberts was starting to look tired and was in a sorry state until it fell into the magic hands of [Ian](#).

It is now looking pristine and beautiful again and the chaps at Tudor couldn't be more thrilled.



[Ian Halliwell](#) is always on hand to help out staff by cleaning their cars for them.

Everyone has been touched by Ian's help and as a thank you, they all chipped in and got him his own car valet kit.

[Ian](#) tells us he was over the moon with his gift.



HAPPY BIRTHDAY SIMON



By Mr and Mrs Smith

Simon Smith celebrated his 50th Birthday on 19th April. His Mum and Dad visited him in his garden in the morning and gave him some cards and presents from Family and Friends, they hung a few balloons and banners.

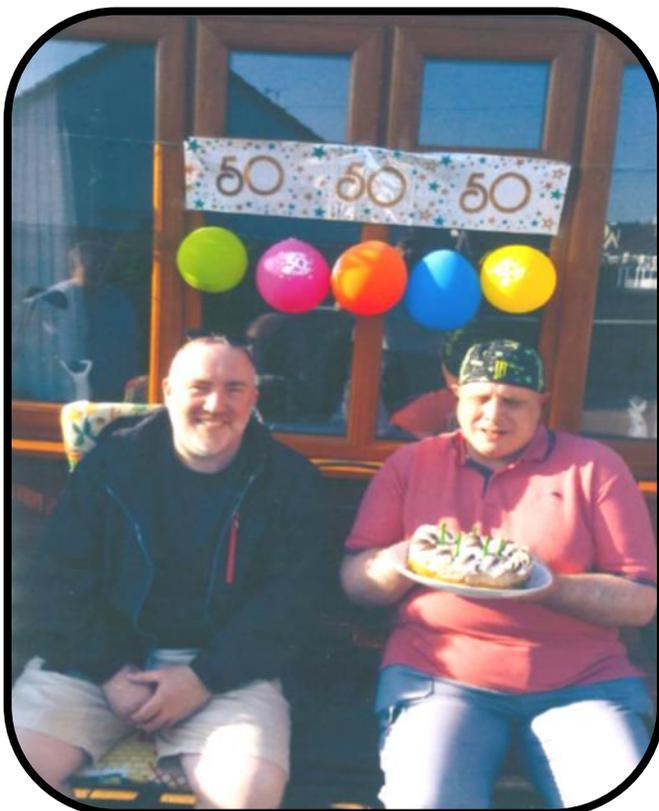
Simon went out with Lin and then in the afternoon, Simon and Paul had a few nibbles and a Birthday cake at Mum and Dad's, and then....Lin arrived with another Birthday cake which was made by Lin's friend and all sang Happy Birthday again!!

Staff at S2I sent cards, gifts , a cake and balloons and good wishes and made his day very special, taking covid

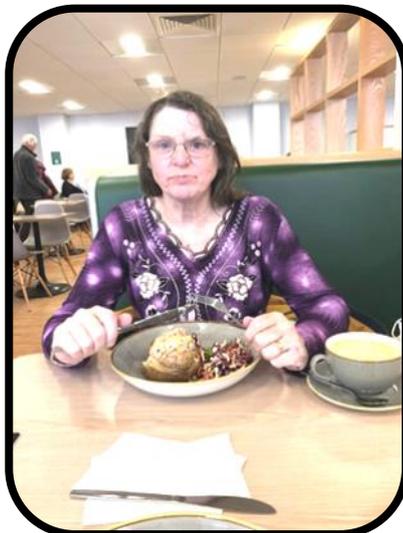
precautions into account.

A big thank you to all

who made his day a day to remember!

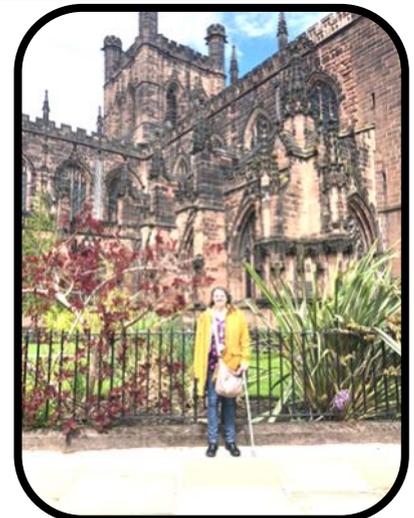


CHESTER



June Bates enjoyed a lovely day out to the historic city of Chester.

She took in the sites on a boat trip down the river, visited the stunning cathedral and had a tasty lunch.



June tells us she thoroughly enjoyed her day and had a fantastic time

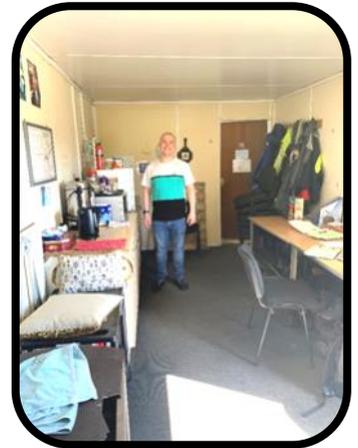




Sharon Blythe went to stay at Thornton Hall hotel and spa for a post lockdown spa break. Whilst staying there she visited the spa where she was pampered with treatments including a manicure and pedicure. These were followed by a luxury afternoon tea and a very elegant meal in the evening. The hotel staff catered to Sharon's every need and treated her like a queen. Sharon said the views from her bedroom were stunning and she loved the towel art on her bed. The staff at the hotel spa enjoyed Sharon's company so much that they gave her a parting gift of some complimentary products from the spa. Sharon can't wait to go again in the future.



Gardening Club



The Edward Kemp gardens in Birkenhead Park are community allotments where organisations and groups are given allotment plots to grow their own vegetables.

There are a number of facilities at the allotment gardens which are available for the use of the people who attend the plots. There is a toilet, a kitchen to make a nice cup of tea, a seating area where everyone can sit and chat with other plot holders and make new friends.

S2I have been lucky enough to have been given two of these plots and already the difference is unbelievable. The guys at the gardening club have turned two plain patches of grass into viable vegetable beds.

If you would like to join gardening club, let your Manager know and they can get the information on how to join in with the fun.



Come on England!



Here we see Sarah Bebbington and Michael Corbett dressed up in their England flags, ready to cheer on England in the Euros.



Michael Corbett recently competed a 5k bike ride. He was presented with a Stay motivated medal for this fantastic feat.

Well done Michael, you should be very proud of yourself





Garden RESCUE



Over at Carrigeen, they decided to tackle the raised bed in the garden. They gave it a spruce up, clearing any weeds that had sprung up and making it look nice.

They placed some lovely lights in the garden so it looks just as lovely at night

as it does in the day.

To celebrate a job well done, they had a barbecue to enjoy the garden in all it's glory.

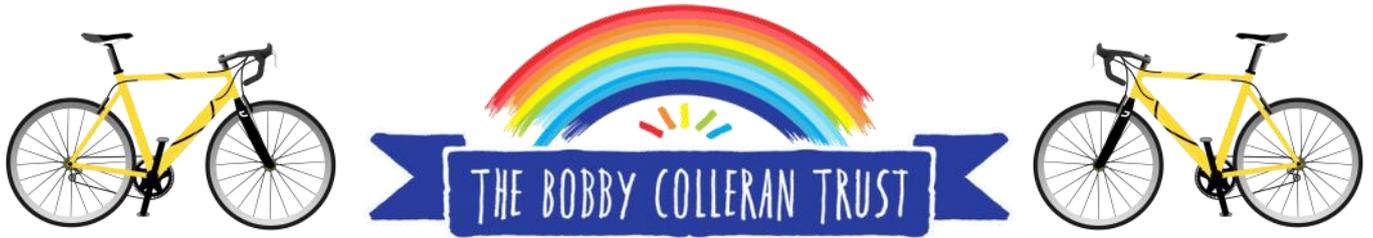




The chaps at Salisbury had an animaltastic day out to Greenacres Farm, where they got up close and personal with a variety of animals, including a stunning owl, which they were able to stroke.

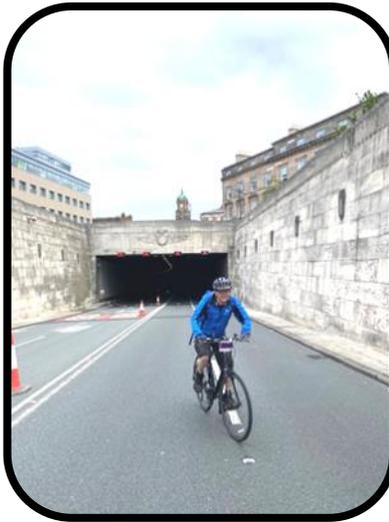
What a wonderful experience!





Rob Ellis raised a massive £785 cycling from Liverpool to Chester in aid of the Bobby Colleran Trust

The Bobby Colleran Trust was created following the fatal accident on 24th October 2014 of a young boy called Bobby Colleran. Bobby was on his way home from school, walking along his school road with his mum Joanne, when he was knocked over and killed. Bobby was just 6 years old. The trust is working to improve road safety particularly for children.



Michael Corbett enjoyed an action packed day out at Alderford Lake Aqua Park.





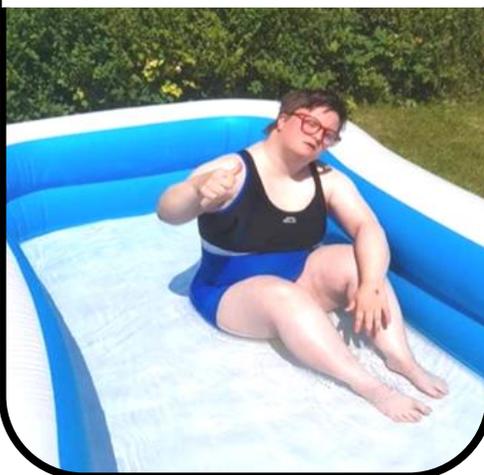
After getting back into riding a bike, [Alistair Elliott](#) decided to buy himself a new one and has been practicing in the car park at Salisbury Court, he has soon got back into the swing of things and is now looking forward to going on some longer bike rides.



Tudor Court

The chaps at Tudor Court have enjoyed many fun filled days, here we see what they have been up to.

Josh enjoying the pool



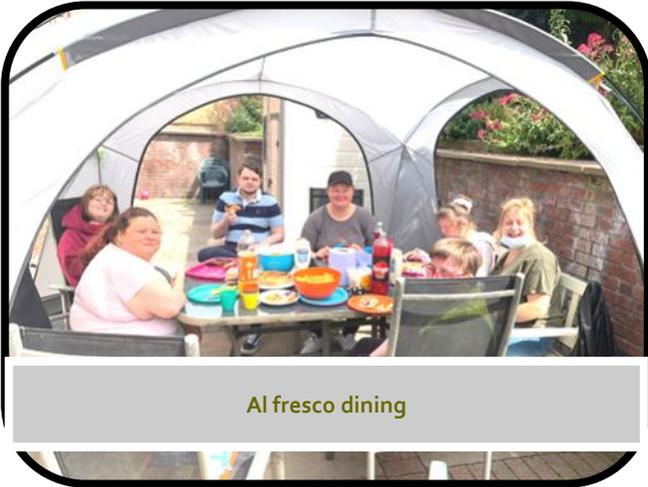
High fives at the bowling alley



It's party time in the garden

Michelle at the Aquarium





Al fresco dining



All aboard the fun train



Fun at the farm



Thumbs up for fun days out



Tomato pasta bake

Ingredients

1 tbsp olive oil
1 onion, chopped
1 garlic clove, crushed
400g can chopped tomatoes
pinch sugar
few dashes Worcestershire sauce
100g shaped pasta
50g cheddar, grated
Slice of bread, coarsely grated to create breadcrumbs
2 frankfurters, sliced

Method

Heat the oil in a medium pan and fry the onion for 5 mins until softened and lightly golden. Stir in the garlic and cook for a further min. Mix in the tomatoes and sugar, bring to the boil and simmer for 20 mins. Add a few dashes of Worcestershire sauce and season to taste.

Meanwhile, cook the pasta according to pack instructions. Mix together the cheese and breadcrumbs.

Drain the pasta and stir into the sauce. Tip in the frankfurters and spoon into a heatproof dish. Scatter over the cheesy crumbs and bake in the oven for 15 minutes or until bubbling hot and golden.



Spicy warm chicken salad

Ingredients

4 tablespoons olive oil
8 rashers streaky bacon, cut into small pieces
2 boneless, skinless chicken breast fillets, cut into thin strips
Handful of salad leaves
4 vine tomatoes, cut into eighths
1 red pepper, thinly sliced
1 orange pepper, thinly sliced
3 spring onions, thinly sliced
5cm of cucumber, cut into strips
1 medium red chilli, finely chopped
1 tablespoon lemon juice
1 tablespoon balsamic vinegar

Method

Heat 2 tablespoons of olive oil and fry the bacon until very crispy. Remove bacon from the pan.

Now fry the chicken in the remaining fats, and remove when browned and cooked through.

Put the lettuce, tomato, red pepper, orange pepper, spring onion and cucumber into a large serving bowl.

Finally, add the chilli to the frying pan, then add the rest of the oil, lemon juice and balsamic vinegar and bring to the boil. Quickly add your bacon and chicken pieces to reheat, and pour all of the hot mixture onto the bowl of salad. Mix together and serve. (you can leave out the chilli if you don't like spicy food)