



NEWSLETTER Spring 2021



Adult Learning Disability Services WHAT IS INSIDE?

Welcome to the Spring 2021 Adult Learning Disability Services Newsletter.



Nathan's Story



Day Centre Activities and Updates



Time to Connect and Relax Programme



**SingTonicity
Activities Funded by
Local Involvement Groups**

Welcome to the Adult Learning Disability Services Hub



Visit the Adult Learning Disability Services Hub for:

- Latest News
- Upcoming Events
- Information and Resources

westerntrust.hscni.net/service/adult-learning-disability-services/

Personal and Public Involvement (PPI)



**Involving You,
Improving Lives**



COVID-19 Update

Lots of people have had their injections to protect themselves from COVID-19.



Restrictions in Day Centres due to COVID-19



Remember to stay 2 metres apart from each other.



Remember to wash your hands often.



Omagh Centre

Ryan enjoying the Sensory Room



Matthew and Lynsey relax using the Foot Spas



Una and Ryan enjoy listening to music



Celebrating Pancake Tuesday



Calum and Kenny enjoying games afternoon



Happy Birthday Lynsey!



Valentine's Day Coffee Morning



For all the latest News, Information and Events for Adult Learning Disability Services, check out the new-look Online Hub at:

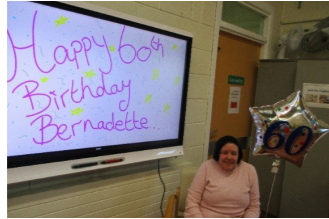
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Kesh Day Centre

Bernadette's Birthday!



Chair Exercises



Making Flower Pictures



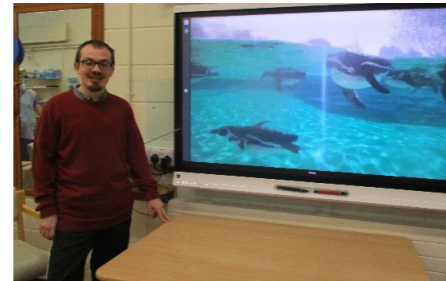
Monday Relaxation



Making Milkshakes



Virtual Visit to Chester Zoo



Making Personalised Calendars



Health and Well Being Activity

We took some time to complete the love your health and wellbeing activity. We talked about what we were grateful for and wrote these on hearts.



Celebrating Valentine's Day



Fun Pack

Thank you to Matthew Nevin from Fermanagh and Omagh District Council who sent a fun pack. We really enjoyed making our own juggling balls. We just have to practice our juggling skills.



Pancake Tuesday



Eating Treats



We would like to thank Roly & Jo McIntyre John's mum and dad who sent in donuts for all the service users and staff.

Visits to Glenside

Service Users and staff at Glenside and Satellite Unit enjoyed a visit from the Mr Whippy ice cream van.



The Easter Bunny visited Glenside to deliver Easter treats to service users and staff.



Castle Coffee mobile coffee van visited Glenside. We enjoyed some coffee, hot chocolates, traybakes and homemade buns.





Involvement Update

If you want to have a say in how to improve services in your area contact:

Jonathan McGuigan - Omagh / Fermanagh on 02882835124

or

Deirdre Kelly - Limavady / Derry / Strabane on 02871864323.



SingTonicity

Participants really enjoyed the sessions...

"Loved it – would like to do it again!"
William

"Brilliant. Helps to build confidence, great exercise, stops the feeling of being cut off!"
Frances

Activities funded by Local Involvement Groups

Draw 'n' Dance with Gail



Gillian loved painting with Gail.



Geraldine loved the art classes and seeing her friends!



Andrew enjoyed the workshops so much that he continued drawing outside of them!



I loved the Dance 'n' Draw workshops and I can't wait until the next one!
- Emmie Mae



I really enjoyed the workshops especially when we got up to dance to the music.
It was great fun!
- Martine

New Disability Bike purchased for Maybrook Day Centre



Phil O'Connor Art Workshops

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Activities funded by Local Involvement Groups

Christmas Activity Packs

The Derry Local Involvement Group and Destined provided Christmas Activity Packs for Service Users.



Text Message Service

If you would like to receive messages via text please contact your Local Involvement Facilitator:

Limavady / Derry / Strabane Area:
Deirdre Kelly
028 7186 4323

Omagh / Fermanagh Area:
Jonathan McGuigan
028 8283 5124



HSC Hospital Passport

HSC Hospital Passport
For people with a Learning Disability in contact with a general hospital



The Hospital Passport will be used to help plan your care if you have an appointment in the Hospital.

Time to Connect and Relax Programme



Everyone had a great time at the Connect and Relax Programme!



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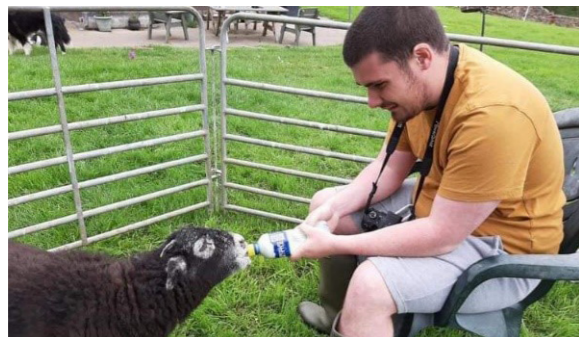
Nathan's Story ...



Hello my name is Nathan Boyle. I usually attend Auglish Social Farm.

Auglish Social farm is near Dungiven and is run by Rosie Gibson.

Due to the COVID restrictions I can't go to the farm at the minute.



They have pigs, goats, cows, ponies and sheep. I love seeing all the animals and helping to look after them.

I'm missing my walks to check on the livestock and the new lambs but I'm looking forward to going back to the farm to see Rosie and all the animals.



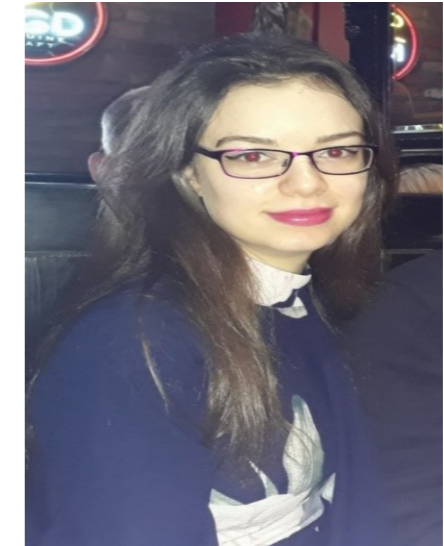
In the meantime I'm keeping busy with my photography, going to Lisahally to see the boats and pier jumping in Portsalon!

Behaviour Support Workers

The Behaviour Support Workers will help improve your quality of life.



Lauren Murray
Northern Sector



Johanna Ozden
Northern Sector



Rebecca McCauley
Southern Sector



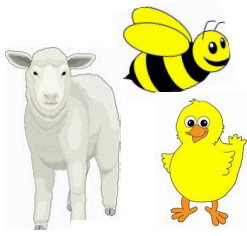
Erin Quinn
Southern Sector



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SPRING WORDSEARCH



Search for the Spring words below –
forward, backwards, up and down.

Good Luck!

O	I	L	O	A	E	D	A	F	F	O	D	I	L
B	B	U	T	T	E	R	F	L	Y	R	M	O	R
N	L	O	A	S	B	T	O	A	Q	W	L	A	A
E	U	C	O	H	I	R	T	M	E	U	B	B	I
S	E	B	L	O	B	E	Y	B	K	B	I	U	N
T	B	I	U	W	O	E	K	C	I	A	E	M	B
R	E	A	O	E	A	S	I	T	G	O	B	B	O
I	L	P	L	R	D	H	P	O	B	N	I	L	W
X	L	O	I	S	C	I	P	T	U	A	R	E	L
C	A	T	E	R	P	I	L	L	A	R	D	B	O
Q	U	F	R	O	G	R	L	K	S	B	N	E	S
S	U	N	S	H	I	N	E	A	O	O	D	E	Y



BIRD



BLUEBELL



BUMBLEBEE



DAFFODIL



BUTTERFLY



CATERPILLAR



CHICK



FROG



LAMB



NEST



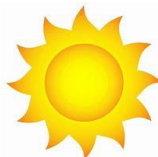
RABBIT



RAINBOW



SHOWER



SUNSHINE



TREE