



Directors' Update – Special Paralympic Games Edition

This Summer saw London host an amazing Olympic and Paralympic Games and we are delighted we were able to share the special occasion with our service users and staff who visited a number of Paralympic events including Athletics, Equestrian, Football, Basketball and Olympic Village events.

Our only disappointment is that our services in the North West were unable to share in the events. However, we will make sure we make up for that with future special events. Thank you to all who were involved in the planning and co-ordinating and accompanying our service users and making the visits so enjoyable for them.

We are pleased to be able to share some of the stories and photos taken by our service users and staff.

A handwritten signature in blue ink that reads 'Eddie'.

A handwritten signature in blue ink that reads 'Syd'.

MY DAY AT PARALYMPICS by Debbie, resident in Lancaster Gardens -

EQUESTRIAN EVENT - DRESSAGE

I got up as usual and had my breakfast. Teresa then helped me get some bits and pieces together that I would need to take with me. We then got in car and went to Heron House to pick up service user and Karen (staff), as it was decided that we would go together.

Teresa drove us to Herne Bay train station (she left the car there). We got on the 9.04 train to Chatham where we had to change trains. Then we got on train to Charlton. I enjoyed the train journey, Teresa was really pleased with me as I have only been on a train once before.



When we got to Charlton we took the shuttle bus to the Olympic Park and from there another shuttle bus to Greenwich Park. We had to go through security and the staff were really good as they let us go through disabled section so we did not have to queue.



We then went to the Olympic Shop where I chose an Olympic cap for myself and also bought a programme so that I could show it to my Mum.

I wore my cap most of the time, which is unusual, as I don't like hats.

I was getting hungry so we went and got some lunch and a drink. Then we made our way to the arena where the Dressage was being held. The Game Makers showed us to the disabled section – so we got to sit right at the front.

Teresa was again surprised that I watched most of the riders and horses (but she did keep me supplied with crisps and sweets). We watched the Dressage for three hours and for part of the time I held Teresa's hand.

Once the Dressage was over we went for a walk around Greenwich Park and had something else to eat and drink.

By this time I was quite tired so we all made our way back to the train station. We had to change trains twice and arrived home at 7.15 p.m.

The day was great and a lovely opportunity for me, so a big THANK YOU. Debbie



Paralympics

On the 7th September 2012, Ashley and Gary of Gate House enjoyed a fabulous day out at the Paralympic Games, accompanied by two members of staff.

Upon arrival, Gary and Ashley started smiling, and didn't stop all day. They started the day by walking around some of the wonderful shops that were situated in the Olympic Village. Ashley particularly enjoyed the Disney Store, and Gary thoroughly enjoyed looking around the Armani Store.

After a delicious lunch at the Food Court, we headed into the arena. After the football, which was an excellent experience, we headed back into the Olympic Village, taking a leisurely walk through all the sights and sounds of an Olympic experience, meeting some of the



Wheelchair Basketball at the Paralympics

On September the 3rd Chloe and Staci and two members of staff arrived at the Olympic park to watch the Basketball.

Chloe and Staci had a fantastic day taking in all the surroundings on this hot sunny day and even enjoyed a ride on the cable car.

We all also enjoyed going on the train in London, in particular having a ride on the underground in which Chloe and Staci found very amusing and at times were both laughing out loud.

We got to the basketball arena and had a fantastic time watching them play the game.

It was an exciting experience for us all as we cheered when team GB scored.

Before leaving the arena Staci and Chloe enjoyed a 3 course lunch at Frankie and benny's, following this they bought themselves a gift from souvenir shop.

We then all had a relaxing walk to the riverboat which you could say was Staci and Chloe's highlight of the day as they thoroughly enjoyed it.

We then had a walk around London before going for another short ride on the underground before arriving back to the car.

Andrew, resident at Lancaster Gardens

My day at the Paralympic Football

I got up nice and early, had my breakfast, Chris got spending money and then Steve took us to train station. I had a lovely cup of coffee at the station whilst waiting for the train.



We got on the train which went straight to Stratford International – I really enjoyed the train ride, looking out the windows and recognizing places I have been with my Da.

Once at Stratford International, there was lots of people dressed in 2012 Paralympic Gear holding big foam pointy fingers, showing everyone where to go.

We had five minute walk to the Olympic Park and on the way saw Armed Police and I said Hello to them. Before they let us in the Park we had to go through security – Chris was searched but I wasn't.

We walked around the Park soaking up the atmosphere (as we have about 2 hours before kick off). I could hear lots of cheering and saw entertainers doing fire eating, steamers, mime and loads of exciting stuff.

We then went and had lunch – McDonalds. After this we went to the Olympic store and I bought myself a cap with 2012 Logo on it.



Chris had found out about the Coca-Cola Boom Box so we went there, we played Volleyball whilst in the queue with over 100 people. As you walked up there were big pads on the side, when you touched them they boomed music at you.



LONDON 2012 PARALYMPIC GAMES

We then queued for our photo with an Olympic Torch (not lit), while in that queue someone had won a Gold Medal for GB, the staff got into middle and did a celebratory dance and song. I was clapping and singing along to this.

We went down into dark room (still in the Boom Box) and lights turned on and we got free bottle of Coca-Cola each. We then watched staff do performance on the stage – gymnastics, dance and ballet.



We then went into the football stadium so that we could pick where we sat. We watched Iran versus Argentina. I really enjoyed this and gave the referee words of encouragement when there were fouls. Iran won this match 8 – 1. At the end of this match we went out and got a pie, waffles, strawberries and cream and a couple of bottles of beer.



After our snack we went back into the stadium to watch Russia versus Netherlands. We only got to half time, the match was boring, it was very hot and I was getting tired.

We then headed back to the station which took about half an hour. The atmosphere was still electric and the mood was good. Everyone was saying hello and asking if I enjoyed myself. Chris took pictures on the way and then we got on the train.

The train ride was great as we had a Policeman in our carriage, who I talked to for about half an hour.

Once back in Herne Bay, we got a taxi back home. We were both exhausted but would not have missed this for anything.



Olympic/Paralympic Artwork Competition

Well done to everyone who took part in our Olympic Artwork Competition.

We received some great pieces of artwork and it was a tough decision, but we are pleased to announce that one of our **first prize** went to one of our **Chilterns Residents** in the individual awards and **Spenser Road** won **first prize** in the Group entry (opposite)





Dragons Den Winners



Huge thanks to everyone involved in our 2012 **Dragons Den Competition**. We would like to particularly extend our appreciation for those who presented your ideas:-

- Lisa representing Gate House on their ideas for a **Sensory Garden**
- Eileen representing the Family Care Home Day Centre on their bid for **Disco equipment**
- Debbie and Kerry representing Spenser Road on their bid for a **Sensory Room** and a brilliant poem which you will find over the page.
- Team Chilterns which Mike presented on behalf of the team around creating opportunities for **Service User Employment**

- Tracey for representing the Lancaster Gardens **Sensory Room**
- Jenny and Karen representing the Preston bid **Stepping Stones** the development of a social enterprise, delivered by Skype.

It was a really tough decision for the Panel of Dragons and there was a tense moment as the Winner of the 2012 Dragons Den Competition was awarded to :-

Eileen and the Day Centre Team

The Directors commented 'The standard of all the presentations was exceptional and in our opinion you all won our hearts and your ideas will not be lost or forgotten. Instead we will seek to ensure you are supported in sharing and delivering your proposals'.

...SOME DRAGON DEN PHOTOS...



Dragon's Den Poem by the Spenser Road Team



Spenser Road is a happy place

We like to see a smiling face

Sometimes in life we all get low

And need a special place to go

They all love music and twinkling lights

That look like stars shining at night

The different textures that they touch

This they would love oh so much

A magical place just for them

Including Ashlea, Rosie, Pete and Ben

Somewhere to go when you've had a hard day

To relax and forget your cares away

A place that they can call their own

Somewhere inside their very own home

So please can we, very soon

Have our own sparkling Sensory Room

Last but by no means least ...Chilterns Ladies' work of art

Chilterns residents from Rock Rose House have had a piece of art exhibited at The Mind The Gap Hidden Cities Exhibition in Folkestone.

Mind the Gap is an artist-led not-for-profit initiative offering accessible and diverse arts activities open to anyone in Kent wishing to explore, experience and celebrate the benefits of creativity for mental health.

The ladies worked very hard and produced a hanging which was displayed alongside many others in Folkestone.

