

TASC NEWS

Spring 2019

Spring Competition

Issue 38

Foreword

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Members have been telling us that they would like more staff at our satellite units at Hemlington and Coulby Newham. Having four staff at each unit causes problems when staff are on holiday, sick or when they are training, as activities have to be reduced to match the staff on site.

Unfortunately we do not have sufficient resources from our annual budget to increase staff at both units, so Gaynor came up with the idea of putting both satellite units together to double the number of staff available.



26 Apr, 28 Jun:
Centre closed
p.m.
20 July: Summer
Fete



The Newsletter Team

Colin, Richard, Shirley, Theresa,
Heather & Trevor



Thank you to everybody who has helped us on this issue. We need your ideas and articles.

We tested the suggestion by getting both units together at The Manor Hub for two days, to see what people thought about the space with the increased group size and to see if the facilities would be sufficient. Members asked for an extension to the trial for five more days to really test the theory and, after this second trial, they decided they were happy to make it a permanent arrangement.

We will need to make some adjustments to The Manor Hub, such as leasing some additional space for Members who like quiet areas, and we will work on this over the next few months. If all goes to plan, the Board will give approval for both groups to be together at The Manor Hub from the autumn. We will be writing to all stakeholders



to keep everyone up to date as we move this plan forward.

It's really satisfying to be able to respond to Members' wishes and I thank Gaynor for her fantastic idea.

Linda Sidgwick has informed us that she is leaving her Physiotherapist role with the NHS in June and has sent the message below. I want to take this opportunity to put on record my appreciation for everything she has done for the Centre, both in her capacity as a physiotherapist and as a vital member of the Board; I am pleased to note that her role on the Board is to continue.

Linda has worked tirelessly to improve the physical health of our Members over many years and I am sure they will be expressing their thanks to her over the coming weeks. Linda advocated the building of the Hydrotherapy Pool, which is a very popular part of our service and will remain as a lasting legacy to her vision.

In addition to her work as a physiotherapist, Linda has served as a Company Director and has shaped the direction of the Charity through Board meetings and as Staff Liaison, as well as assisting TASC in ways too numerous to itemise.

Thank you Linda and enjoy your well-earned retirement.

Malcolm Turley,

General Manager, Day Services



Linda Sidgwick
MSc Grad Dip Phys MCSP HPC Reg
Senior Clinical Specialist Physiotherapist
Team Leader for LD Paediatric
and Complex Disability Physiotherapy Service
Physiotherapy Department.

Message from Linda Sidgwick:

It is with great trepidation and some sadness that I am finally tendering this resignation. It will take effect from 23rd June 2019.

Apart from the roles of wife, mother, and now grandmother, physiotherapy has been my passion for 45 years and I am not sure who I will be without it. However I feel now is the time for my family as well as the hobbies I have promised myself when I have more time.

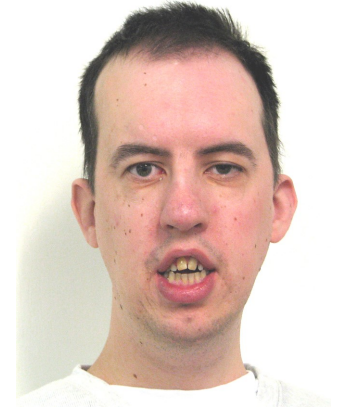
I will undoubtedly miss you all, staff and members, many of whom I have known for many, many years. My whole career has been such an honour and a privilege.

I'd like to thank all the staff and the Board for the support that has always been afforded to Physiotherapy within the Centre over my whole 24 year involvement, and I look forward to continuing to serve on the Board.

Notice Board

Members and Staff Changes

Tragically, we have bad news to report regarding one of our established Members, James, who passed away on December 30. The start of the New Year was therefore very sad for all our Members and Staff, who will miss him terribly. James was well known for his great love and extensive knowledge of cars, and could be relied on as an entertaining Bingo caller. Our thoughts are with his family.



We have had a number of other comings and goings within our Members. We welcome into our group, Ben B, Kirstie V, Randolph D and Robbie S, and hope they will all enjoy their time with us. We say a sad farewell to Andrew T, Gary and Pat, and Peter H, who have moved on to new pastures. We also say a particularly fond adieu to Anne F, who was with us for a staggering 34 years and leaves many friends behind her. After a period of illness, she has decided not to return, so we wish her a very happy and well-deserved retirement.



Once again, we have to report that one of our Staff members has moved on to pastures new. Best wishes for the future to Kath H, from Lakeside.

We have been recruiting again and we now have a new driver called Joanne, a support worker called Andrew and, last but not least, a new Administrator, Shigemi, who will take over from Lesley on her retirement.



Joanne



Andrew

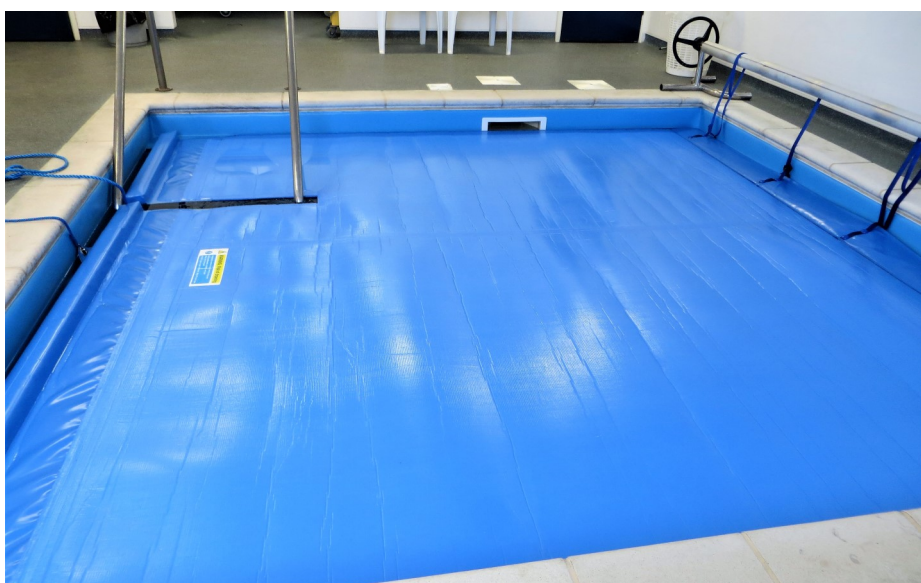


Shigemi

Newsletter Group

Hydropool Refurbishment

Our lovely hydropool has had loads of use by the Members and, by hiring it out, has generated significant income for TASC. However, things wear out over time, particularly in the warm, humid conditions, and less fun was being had in the pool. The decision was therefore made to refurbish it. First, the pool liner and cover were



replaced and then it was decided to attend to the roof. Builders were brought in and they have now completed repairs to the roof structure and fitted new ceiling and lighting panels. The pool is now looking better than ever and we are just waiting for the temperature to settle before bringing it

back into use. We also have plans to install sensory lights in the near future, so watch this space.

Richard & Heather



Fundraising Wanted For Bric-a-brac and Tombola Stalls

Reduce clutter, create wardrobe space and help TASC.



Donate any of these items to the TASC Fundraising Team:

Clean clothes in good condition
(no underwear thanks),

Shoes, handbags, belts,

Toys (no cuddly ones thanks),
unused toiletries and other
unwanted gifts

For Sale: Hydrotherapy Pool Gift Tokens



Various Values Available, from £5
Donate at any TASC site (see back page)
Or contact Lesley, on 01642 818854

Fundraising 2018

We have had a really good year for fundraising; the Members and Staff have worked really hard. During the year, activities have included blind cards, tombolas, raffles, bag packing, fetes and fairs, weighing-in of clothes and shoes, and selling on of bric-a-brac.

Everyone deserves a mention, a thanks and a well done, but one staff member does stand out for special praise. This is our Julie; she even had her husband raise money for us by shaving his head, as well as arranging loads of bonus balls and raffles. Julie is like our Ambassador of Fundraising. Thanks Julie; very much an extra big cheer for you.

A fabulous £8378 was raised in 2018; over £3000 more than the target. Let's see if we can do as well this year.

Shirley & Heather



TASC Activities

Peter Pan

A couple of groups of Members were lucky enough to go to the Forum at Billingham to see the panto, 'Peter Pan'. Each group took-over 3 boxes in the Forum and these all had a good view.

The panto, as always, was really good, starring Hollyoaks' Ben-Ryan Davies and Emmerdale's Kurtis Stacey as Peter Pan and Captain Hook.



There were lots of jokes and laughter, big bangs, flying Peter and lots of singing. We all joined in, clapping and shouting "he's behind you", as well as singing along to the popular song "We'll have to do it again then, won't we, whoops" when the panto finished. We all came out smiling and the Staff then dropped the Members off at their homes; a good ending to a great day.

Theresa



Party Time

We had the Centre's Christmas party at our usual haunt, the Acklam Green Centre. As always, preparations had been going on throughout the year, with booking and ordering the equipment needed to make the day run as smoothly as possible.



DJ James was again our entertainment, with disco and karaoke. Santa also turned up again, even though it's a busy time of the year for him. Of course, there was also the buffet; the food is always top notch, so a round of applause to the kitchen team for that. We don't think they're given enough credit for how much work goes into their job.



The building was packed with TASC Staff, Members and guests and everyone was having a lovely time; eating, drinking, singing, dancing and just being happy. Thank you to all Staff and volunteers who helped to make the day go so well.

Colin & Heather



Christmas Dinner and Carols

December is a good month for eating, drinking and being merry. As every year, the Centre had its lovely Christmas lunch prepared, cooked and served by the kitchen staff.



We put the tables in a U-shape, so everybody could see each other. Whilst some Staff decorated the tables, other Staff and all the Members went down to the physio-room where our friend, Brian Moore, was waiting for our sing-along carols time. Everybody loves the singing and how it makes them feel more Christmasy and helps to build up an appetite.

Twelve o'clock chimes and the merriment begins. Everyone heads down to the main hall and is seated by the Staff. By now, the room and tables were dressed to suit the occasion. Crackers were pulled, hats were worn and silly jokes were told; but best of all, dinner was served.

Everybody ate till they couldn't eat any more and the day ended watching a DVD and drinking hot beverages. Lovely; here's to next Christmas.

Colin & Theresa



Valentine's Disco

We decided to celebrate Valentine's Day at the Centre with a disco, tombola and fancy cakes. Weeks before the event, Members were painting, cutting and designing decorations for the day. Staff put them all up and the room looked wonderful.

When 14th February finally arrived, we celebrated; the tombola was filled with tickets for fun prizes, there were fancy cakes galore and lots of hearts everywhere.

The disco was playing and everybody was Boogieing away to songs like “You’re the one that I want” from “Grease”. It was a fun day and it also raised £36.00, yeah.

Shirley & Heather



Satellite News

Lakeside: It has been all change at Lakeside recently. Kath Hutchinson has moved onto pastures new and says thank you for the card and gift.

Everyone really loved joining with the Hub and can't wait to make the move permanent. It got a big thumbs up from Paul and Aaron. Dean said the best thing was seeing his old TASC friends again. Darren particularly enjoyed Brian and Paul's relaxation session; he said it was really calming even though Paul's snoring was a bit annoying. Danyal was so happy he sang about it, but only after he had drunk a nice cup of tea.

The staff at Lakeside have changed again!!! Bryan Cutter is heading the team at the moment, Denise has moved to the main centre and Tracey and Kerry have joined Dave and Kevin.

There are lots of activities taking place, from Joanne's cookery, Lynne's reading group, to relaxing on the mats with Justin and the Physios (for the older readers, you may recall they had a massive hit in the 60s).

Kerry, Queen of Crafts has got everyone working on Easter Crafts and we are making the most of the Spring sunshine to get out and about.



Finally, Jayne, who is one of the PAs, has made a special request. When the 2 satellites join together, she would love to do the washing up of the lunch-time pots and pans! Great. Thank you Jayne.

Lakeside Team

Manor Hub: We have been very busy at the Manor Hub making many cards and presents for Mother's Day. Tracy Green showed us all how to make paper roses. Claire Simcox has adapted the large dominoes so she can participate in games, and Members have enjoyed weekly pool tournaments. We visited the Unicorn Centre for an open day, which was lovely as we could all interact with the horses.

Manor Hub Team



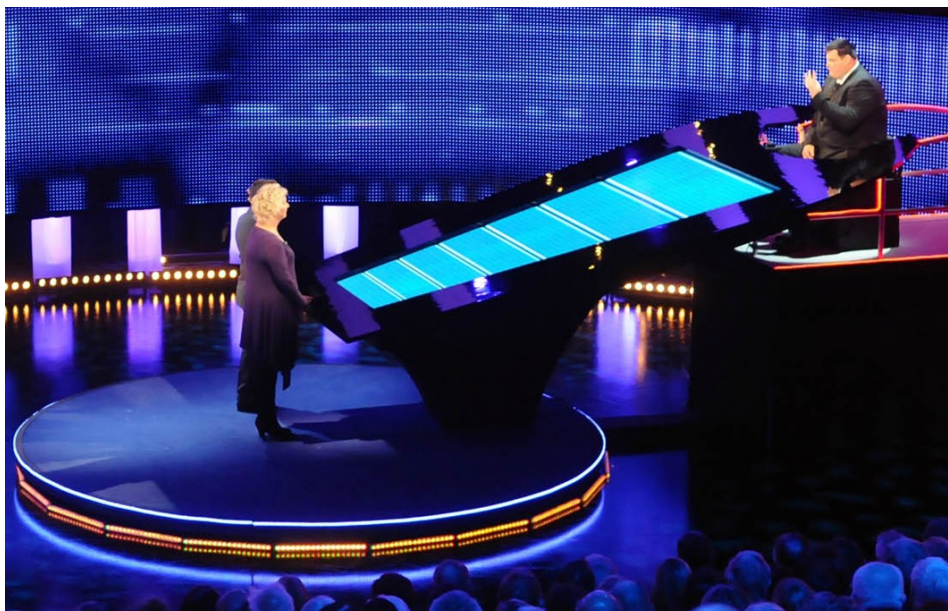
Chatterbox

My Favourite Game Shows

My mother and I like watching game shows, mainly the ones on ITV. We think game shows are better than the standard quiz shows, because they have questions on more popular subjects and the contestants play some sort of game, usually based on a traditional one. There's more action and fun, and the prizes are better. Our favourite shows at the moment are Tipping Point, Tenable and The Chase.

If you haven't seen any of these shows, take a look on ITV in the afternoon. They're good fun to play along with, even if you don't get to keep any of the prizes.

Theresa



Vienna in the Summer

Last year, in the summer, I took myself off on holiday, with two support staff, to Vienna. We stayed in the Holiday Inn; it was a big hotel and it was nice and clean. We ate breakfast and evening meals there; the food was lovely with a good selection.

We went for a four day break and did the proper sightseers' tour. We visited Hofburg, which is a museum in the centre of Vienna, made from an old house where everything was kept as it was originally. We also visited Schonbrunn Palace, which had over 1,000 rooms; I'm glad I wasn't cleaning them! We also saw the famous green and pink rabbits outside the opera house; the pink one was huge.



One night, we did go out to eat rather than stay in the hotel. We went to a place called "The Taste of India". It was a large restaurant and, as you might guess, we all had curry; it was lush.

Weather-wise, we only had one bad day, so that was lucky. I really did enjoy my visit and I would recommend Vienna to anyone who loves sightseeing and wonderful buildings.

Richard



Mary Poppins Returns

Some of my friends and I went along to the cinema to watch the new version of the old classic Mary Poppins, which has been revamped and returned, in the hope of achieving even more success.

Mary returns to the Banks' children after a family tragedy. The film is set in the 1930s and Michael, one of the Banks' children, has grown up and has children of his own now after his tragic personal loss. Mary Poppins re-enters the lives of his Banks' family. Alongside her were Jack, the lamplighter, and Mary's cousin, Topsy.



With lots of dancing, singing and magical moments, this is an ideal family-friendly, feel-good film. However, most viewers will still prefer the 1960s charm and innocence of the original Mary Poppins. It's such a classic that it's hard to imagine anyone ever improving on it.

Shirley



Brighton

I have been away again with my highly recommended holiday tour group, National Holidays. I chose to go to Brighton for a five day break away. I arrived at the bus station

at about 9 o'clock in the morning for my journey. We stopped off at two motorway cafes and, as always, they were really expensive; for example, £3.20 for a cup of tea and I mean a cup, not even a mug.

We eventually arrived at our destination, The Royal Albion, which is a lovely hotel. The décor is a little old fashioned but, for a big hotel, it manages to be quite homely. I was shown to a nice, but small, room overlooking a church.

I had booked for a five day trip, which included a day and a half of excursions, to Lewes, Eastbourne and Worthing. My favourite was Eastbourne, because it's bigger; the other two are quite small, but quaint villages. I spent my free day in Brighton, going along the pier and exploring the town. Although it was January, the weather wasn't too bad and as always I made friends, this time with a nice couple, Peter and Helen. We spent the evenings together playing bingo and watching the entertainment.

Once again, I can recommend National Holidays for their good value, choice of destinations and included entertainment. I hope to book my next one soon; if you fancy a good, cheap all-in-one holiday go ahead, give them a go.

Colin





Spring Fun Time



Find the hidden words

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

SPRING

BEEES

GROWING

APRIL

RAIN

MAY

BUTTERFLY

MARCH

BIRD

EASTER

TREE

FLOWER

Give us a Laugh!!

Why did the orange go to the doctors?



Jokes selected by Richard

Why did the tomato go out with a prune?



What do you call a sad strawberry?



Why is a gymnast like a banana?

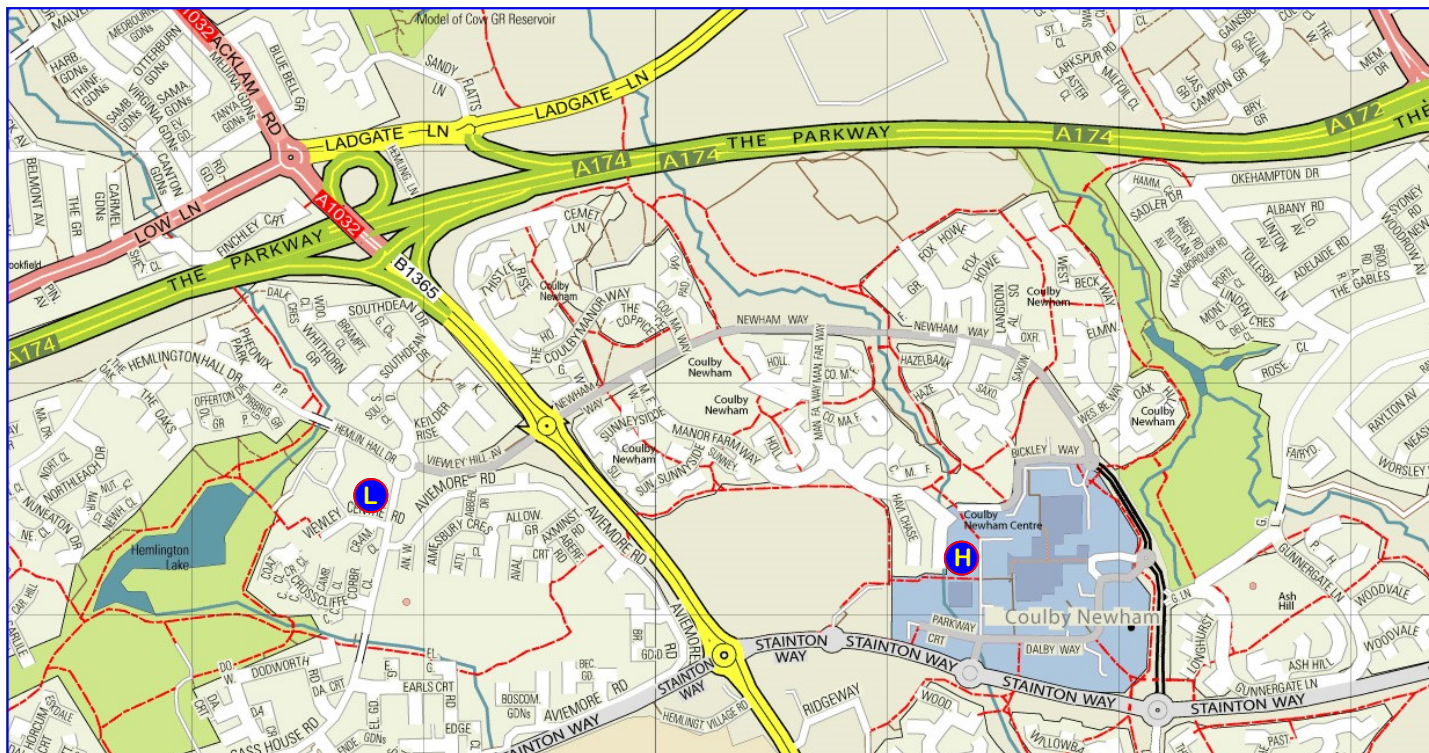


ANSWERS
 Because it wasn't PEELING very well
 Because it couldn't find a DATE
 A BLUEBERRY
 Because they can both do the splits

Spring Competition

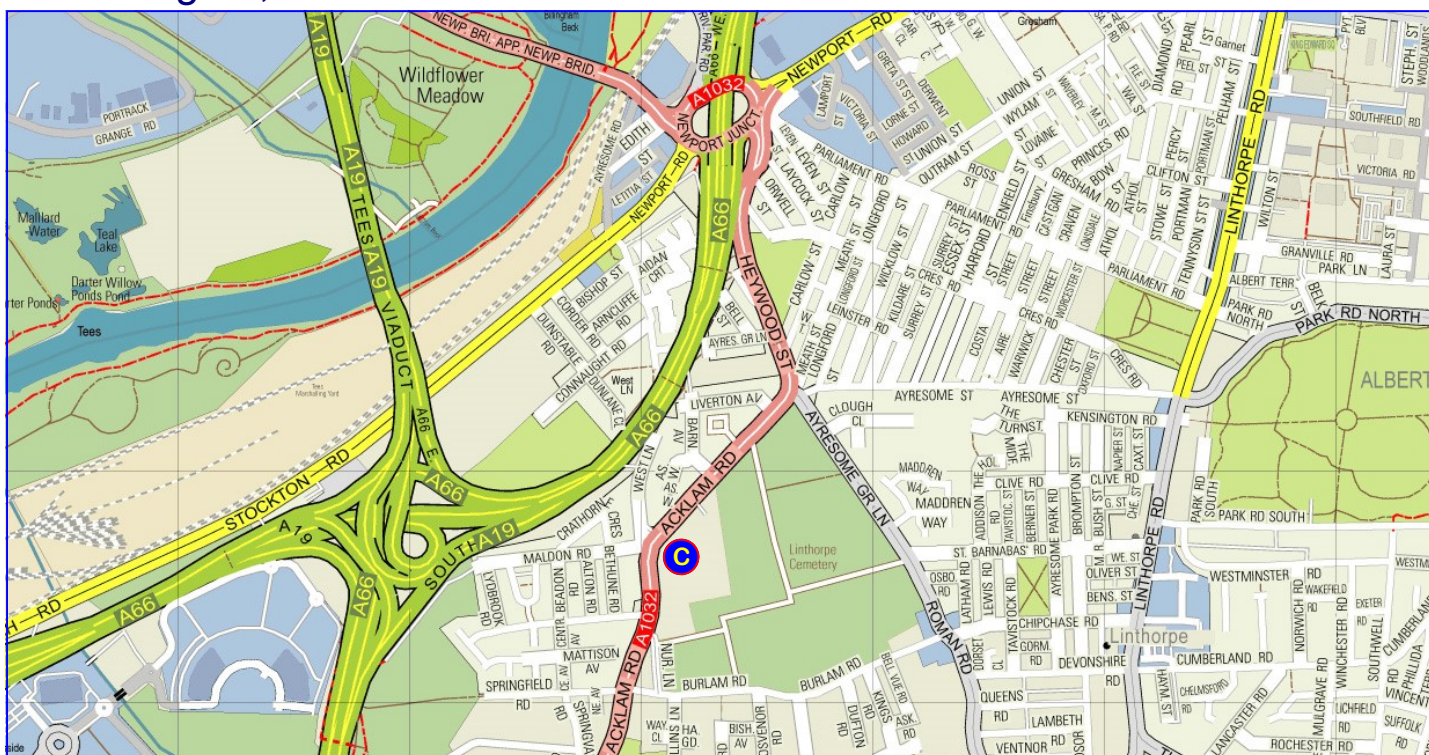
The winner of last issue's competition was Darren. This time we're back to Spot the Differences, with eight changes to find. Mark them on the bottom picture, then fill in your name and put the page into the Suggestions Box near the signing-in desk. You could be the lucky winner of a £5 voucher, selected in May.





L: Lakeside, C/O All Nations Church, Cass House Road, Hemlington, TS8 9JH

H: The Hub, Manor Farm Way, Coulby Newham, TS8 0RJ



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