

# TASC NEWS

Summer 2019

**Summer Competition**

Issue 39

**Foreword**

**See Page 23**

I write this as the country is gripped by some of the hottest weather we have ever recorded. At TASC, the heat is on as well; we are in the final stages of amalgamating the Lakeside and Hub units and both groups will be together at The Hub from August 5<sup>th</sup>. The coming together will effectively double the number of staff available to carry out activities and to offer personal support.



We are changing our telecoms at TASC to bring us into the 21<sup>st</sup> century and this work will go ahead in August. We will try to keep any disruption to an absolute minimum, but please look out for a letter to warn about possible disruption to our telephone lines on the changeover day. Our telephone numbers will stay the same.

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5 Aug: Lakeside & Hub merge  
Centre closed:  
23 (pm), 26, 27 Aug  
1 Nov (pm)  
13 Dec (pm)  
24 Dec-1 Jan (Inc)



**The Newsletter Team**  
Andrei, Debbie, Irene, Lucy,  
Heather & Trevor



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

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We have just had a comprehensive review from Stockton Council and we scored a very impressive 100%. I will share the full results with you when we get the review document, but I just wanted to take this opportunity to share the good news and to congratulate our fantastic staff team for this result. Is it fair to say that we are probably the best day service in the world? Even though we are not so hot at Photoshop.



I think I need a beer!

Malcolm Turley,  
General Manager, Day Services

# Notice Board

## Ch- Ch- Ch- Changes

Since the last newsletter, we have had a number of staff changes and, in this case, it's true to say it's out with the old and in with the new! We were sad to say goodbye to popular Staff Members, Colin, Lesley and Paul, all of whom have retired. We wish them all a long, happy and well-earned retirement.

As ever, when we lose old friends, we have the opportunity to make new ones; we have a new Enabler, Jo, and a new Caretaker, Trevor, both currently working at the Acklam Road Centre. We also have a Deputy Senior Enabler, Vickie. This is a newly created post and she is working at Lakeside until it merges with the Manor Hub. We hope they all enjoy their time at TASC and make new friends amongst the Staff and Members.



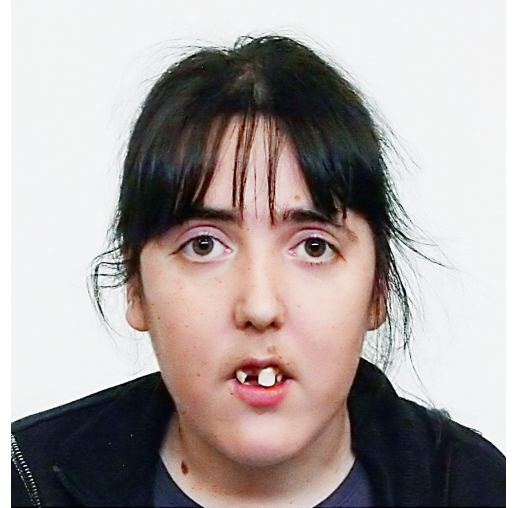


## Wishing Well

A big thank you to Marian and her family for their generous donation of a wishing well, which has been placed in the Remembrance area of our Members' garden, in memory of her daughter Claire, a much-loved former Member of TASC.

We'll see if we can find a way of getting some water into the well, so that Members can make some wishes; we'll keep you posted on how successful they are!

Newsletter Team





# 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 Sue, on 01642 818854



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## Dressing for Easter

Over the Easter period, my daughter Harmony and I (Julie) came up with a fun idea to raise a bit of cash for TASC. I borrowed two costumes from work and advertised on Facebook that the Easter Bunny and Minnie Mouse were available to come round to people's homes and deliver Easter eggs to the kids.

Harmony thought we might manage to get a few orders, but we were surprised at the level of interest. After a day's hard work, we managed to raise an amazing £170.

Our last delivery was to a house opposite to where a Bouncy Castle party was going on; when the kids saw us, they all ran over, so we had to do a photo-shoot with them all. Needless to say, Harmony and I had a great time and we were specially happy that we were also raising so much money for TASC.

Julie H





## Our Summer Fete

On Saturday, 20 July, it was time once more for our Summer Fete. All week, we'd been following the weather forecasts and all we kept seeing was rain and more rain.



Some of the areas used for the fete can be set up during the week, but most had to be done on the day, so Staff arrived early on Saturday morning and spent a busy few hours getting everything ready.

The gates opened at 11 o'clock and just inside them was our regular plant stall provided and manned by Derek. Further in, there were the

Burgers and the DJ sections. In the main hall, we had our permanent 'Candy Bar' for snacks and refreshments, as well as temporary stalls for cakes, tombola, lucky dip and 'Pick a Card'. Shiggy, in her first appearance at the Fete, was running the raffle and origami cards stalls, the latter featuring cards she had made herself. She was competing with the Tombola, which proved to be as big an attraction as ever.





In the passageway, we had cards made in Ink Spot for sale, along with origami ornaments made by the famous 'Greens' from Lakeside, a new feature for this year. Our famous stall selling bric-a-brac (or tat as some call it) was also prominent, with plenty of toys, clothes, books, etc. to choose from. There was also a special section selling kids' sweets.



At the back of the building, a major attraction this year was the paint balling, organised and manned by Justin. This proved to be a big hit!

As always, the day went really well, even though we had a few showers; these didn't deter our regulars from coming along and having a good time. A big thank you to all our Staff and Volunteers and especially to all our customers, who make the day worthwhile and contribute generously to a great cause. This year's event raised a staggering £1659!



Andrei & Heather



# TASC Activities

## Easter Club Night

Easter Club night was another great event that we celebrated over this year. As always, there was a good turnout of family and friends, Staff and Members. We had a good Easter egg raffle where lots of prizes were won, but even the losers were given a small Easter egg to celebrate the occasion.

The kitchen conjured up pie and peas, with cold and warm drinks available throughout the evening. DJ James held a disco down the other end of the Centre, whilst Members displayed their Easter bonnets that they had made.

Everybody enjoyed the evening and it was nice to see that we had made over £250 for TASC. Thank you everybody for attending and donating your time and money to TASC.

Debbie





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## Transporter of Delight

Recently, we had a fun day on top of the Middlesbrough transporter bridge. We met up with Members and Staff from the other Centres and made our way to the reception desk at the Visitor Centre, passing the newly unveiled McKenzie Thorpe sculpture, 'Waiting for me Dad' en route.

We then crammed into the lift, introduced as part of major refurbishments in 2013-15, which took us up to the walkway at the top of the bridge. It's certainly a lot easier than climbing the 210 steps that used to be the only option.



Not surprisingly, it was very windy at the top, but, being hardy souls, we cheerfully walked to the far end and back, stopping frequently to admire the view and take photos. We also played a game of guessing how many rivets were used to build the bridge. Accordingly to some, one of the rivets was made of gold; if true, it would be worth a fair bit these days.



We all had a great day and, if you've not been before, we can recommend a visit to the transporter and to the Visitor Centre.

Beth & Gemma



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## TASC Holidays

**Reighton Sands:** At the beginning of June, Ashleigh, Irene, Tracey D and Judith went on a centre holiday to Reighton Sands with me and Tracey G. We were staying in a residential caravan generously loaned to us for the week by Tees-side Philanthropic Foundation.

We had a lovely day in Scarborough; Judith enjoyed watching the boats coming in and out of the harbour. We enjoyed the amusements, looking round the shops and, of course, the ice cream.



The group was keen to go to an aquarium and they picked 'The Deep' in Hull. We had a great time there; they had many different fish, sharks and even turtles and penguins which Ashleigh particularly enjoyed. We even got to see feeding time. Looking at all the lovely fish didn't stop Tracey from having fish and chips for lunch though! On the way back, we had a look round Bridlington and stopped for an ice cream.

We had a day in York, where we had a look round some shops and had some lunch before heading to the railway museum. We enjoyed looking round all the different types of trains; some old, some modern and some were even 'royal'. Irene was most impressed with the bullet train and couldn't believe she'd sat on a train that was all the way from Japan. We had a nice tea in the caravan park and enjoyed the last night of the holiday.





On Friday morning, Michelle came to help us with all the luggage. We went to Whitby, had fish and chips and played in the amusements, before it was time to come home. We all had a wonderful time on holiday and wished we could have stayed longer. Many thanks to Teesside Philanthropic Foundation for their part in making the holiday possible,



Irene & Nicky

**Blackpool:** In July, I joined other TASC Members and Staff on a holiday. We set off for the Bond Hotel, Blackpool, on the Monday, stopping off for a break on the way. I shared a room with Nicky, which was fine, but that night some noisy seagulls kept me awake.

Next day, we went to SeaLife, which was very good. We saw some very strange fish, but I liked the seahorses and sharks. The sun came out, so we went along the pier; it was wooden, so I was afraid my chair wheels would get stuck, but it was nice to be outside. The first two nights' entertainment included a lady singing and a game of Bingo; no luck for me there, but I enjoyed the songs. After the fresh air on Tuesday, I had a better night's sleep.

On Wednesday, it got really warm, so we went to Blackpool zoo, for which we had free tickets. We saw a silver back gorilla with its baby, a sleepy looking tiger and two lions prowling about waiting to be fed. Best of all was the orangutang; he was sitting high up, but, when he saw us, he came down and pressed his face against the glass to copy us. Christine went to look for the wolves, but they were hiding somewhere. I can recommend visiting the zoo; I'd definitely go again.





On Thursday we got a free lunch; We were sat outside at Quilligans Restaurant and I had some very nice fish and chips. Then, we all went to the circus; it felt a bit strange, sat in the dark, high up on a slope, so my hands were tight on my wheels. The man on the tightrope was amazing, and there was a lady doing lots of fast costume changes; I don't know how! With all the action, I was getting a bit dizzy and was glad to get outside. On the evening, Anthony won a fancy dress competition, dressed as a jockey; the prize was a long weekend stay at the Bond.





Friday was another sunny day, so we had a good journey on the bus home. I had a really good time on the holiday, with all the activities and socialising. Having the week away gave my partner a break as well, so I'd happily go again; many thanks to the TASC Staff and Members involved.

Debbie



**Reighton Sands Revisited:** We were the second group to go to the Haven camp-site in Reighton Sands and stay in the caravan generously provided by the Teesside Philanthropic Foundation. It was a lovely surprise when we arrived at the caravan and saw how spacious it was and how close to the site clubhouse. As with the first group, we found that the cupboards were full of food, but we felt we should stop off at Morrisons and buy our own.

We had six girls sharing the caravan, whilst another two were on a nearby site, but joined in everything with us. After unpacking on Monday evening, we explored the site and then went into the pleasant clubhouse for a quiet drink.





During the rest of the week, we managed to cram in visits to three seaside towns; Bridlington, Scarborough and Whitby. We also visited a stately home, Sewerby Hall, where we went round their small zoo and had afternoon tea. On the Wednesday, we went to a show (Stepping Out) at the Stephen Joseph Theatre and, on the Thursday, we saw a Britney and Angelina act at the clubhouse.



As it sounds, it was a fun-packed holiday, but we still had time to chill out and relax in the perfect weather. We would happily recommend the site to other holiday makers and, once more, would like to give a big thank you to Teesside Philanthropic Foundation for their generosity.

Lucy & Heather





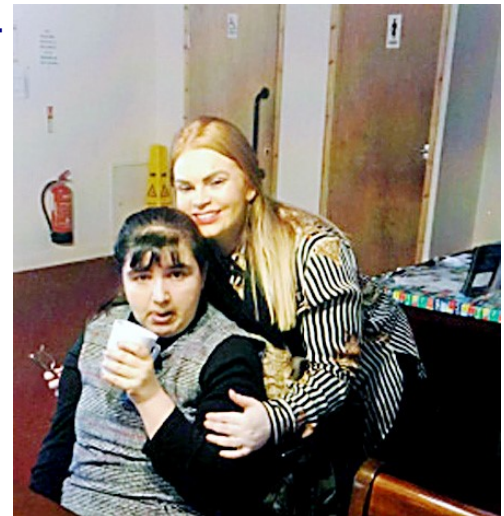
# Satellite News

**Lakeside:** The Members and Staff at Lakeside welcomed Vickie H on 1<sup>st</sup> July 2019, who was recently employed by TASC to carry out the deputy senior enabler's position. Vickie will be working at Lakeside until they merge with the Manor Hub on 5<sup>th</sup> August 2019. She would like to thank all the Members and Staff for making her feel part of the team from the get-go.

The Lakeside Members have been working on bunting for their opening week at the Hub. They really enjoyed this activity which gave them the opportunity to show their creative side; a big well done to the Members. The Members enjoyed this activity so much that they decided as a group to set up the table for arts and crafts again and make posters to celebrate our opening week.

From speaking to the Members, we have found out that they are excited about the move to the Hub and are looking forward to making new friends.

As usual, the Members have been out on a few trips, one being to Seaton Carew, where they enjoyed fish and chips in the nice weather. They have also taken part in the regular Zumba activity, which they all really enjoy.



Lakeside Team



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**Manor Hub:** Tracy G has been busy making us a mascot for our up and coming merger. It took one week and one thousand, three hundred and thirty-six pieces of folded paper to create. We just need a name for him now.

Sorry for the short report from the Hub, but we are busy getting ready for the big merger of the Lakeside and Manor Hub Centres. This will take place in early August, so we will have plenty to report in the next issue.

Manor Hub  
Team





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# Chatterbox

## Designing for Ink Spot

I am part of a group that creates drawings and designs for use on greeting cards made at TASC, in our co-operative enterprise, Ink Spot. At the moment, I'm working with Andrei on a card based on my drawing of a flower and Andrei's heading design. It's work in progress at the moment, but look out for the finished card soon. Other TASC Members use a computer program to design personalised cards on request, but the hand-crafted cards have proved to be a very popular choice.

Lucy & Andrei





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## My Maids of Honour

I live at home with my brother and his partner and, for as long as I remember, John, my brother, or Karen, his partner, has dealt with the day to day cooking and cleaning tasks.

Sometimes I think back to when I was younger; when mam was around and we often went into the kitchen together to do the meals and to bake cakes and things for dad and my brother to enjoy. Mam and I had our own favourite cake recipe that we followed, which all the family enjoyed, especially on Sunday tea-time. I would like to pass on this recipe so that maybe you would like to make a batch for your own family to enjoy.



Irene

## Healthy Options

We have been noticing that a lot of Members and Staff are trying to look after their health more. So, as a bit of an incentive, we have decided to print a healthy option easy recipe for you to try. We will also be running Healthy Eating cookery groups and having recipes in the Centre, for members to pick up and take home to try. We hope you have a go at making some; you could even write a small article in the newsletter next time on how it went.

If you're interested in trying either of these recipes, they are available as separate sheets at the desk near the entrance, together with the usual competition sheets.

Irene





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## Shakin' Stevens

Born on 4<sup>th</sup> March 1948, Michael Barratt was the youngest of 11 children. He grew up in Ely in Cardiff and, as a teenager of the mid 60s, he formed an amateur band with school friends. The band had various names, from the Olympics to the Denims.

By the late 60s, Michael had changed his name to Shakin' Stevens and was heading a professional band called Shakin' Stevens and the Sunsets. Despite getting a support slot with the Rolling Stones in 1969, a recording contract with Parlophone, and some success abroad, the band had limited impact in Britain.



Shaky left the band in 1977 and achieved some success playing the lead role in Jack Good's 'Elvis!' musical. After regular appearances on the TV show, 'Oh Boy', he finally achieved UK chart success with the song 'Hot Dog'. In 1981, he had his first UK number 1 with 'This Ole House'. This was followed by many more hits, including three more Number 1s; 'Green Door', 'Oh Julie' and 'Merry Christmas Everyone'. These made Shaky the biggest selling artist of the 80s and the early 90s.



Shaky then took a lengthy break from recording and didn't return to performing and touring until 1999. He gradually rebuilt his career through the early 2000s and, despite various legal tangles, divorce from his wife of 42 years and a heart attack, he continues to attract considerable support throughout the world, embarking on a successful UK and Europe tour in 2019.

Andrei



## Cruise Holiday

On 9<sup>th</sup> June 2019, I set sail on the 'Explorer of the Seas' cruise ship to the Italian Mediterranean. I was off on a tour which would visit Gibraltar, Nice, Pisa, Rome (a city I've always wanted to see), then Naples, Cagliari and Cadiz.

The ship was huge, with plenty to do, spread over 15 decks; our cabin was on deck 6. We had 2 days at sea, so me and my brother explored the ship; we went on the rock climbing wall on the 14<sup>th</sup>



deck, which was hard but fun. We also played a bit of football and basketball on the sports court. At first, we went into the dining room to eat, but it wasn't that great so after a few nights we started eating in the Windjammer where the food was a lot better. The entertainment was good as well, in the theatre and on the promenade.







Gibraltar was a bit like the UK; the high street had familiar shops and it also had our weather too. We didn't think much of Nice, though it wasn't too bad. Then we had another day at sea before docking at Pisa, where, naturally we saw the leaning tower; it was great to see it leaning so much to one side. The next stop was the Italian capital, Rome. We went to see the Colosseum; it was amazing; I didn't realise how much of historic Rome survives. We also had pizzas in Rome; they were huge. The next port was Naples; I think that's where I spent a fair bit of Euros. It was a busy place. I don't remember much of Cagliari, apart from it being red hot. At Cadiz, when you get off the ship you

only have to walk a little to the left, then you hit the shops; don't do what we did and turn right or you'll miss them all.

On the ship, we had an inside cabin which was a reasonable size. We went during the Women's World Cup, so I managed to watch the England matches; LIONESSES COME ON ENGLAND. I also went to the casino and got lucky on the roulette; the ship was American, so they used dollars.

I really enjoyed the cruise and found most of the places very interesting. The people, on the ship and on the shore, were friendly, as were all the staff, and you got to meet people from all over the world.

Derek P







# Summer-time Fun



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

Find the hidden words

CARROT  
CABBAGE  
ORANGE  
APPLE  
FISH  
BEEF

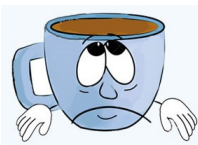
PEAS  
LEMON  
BANANA  
PORK  
CHICKEN  
LAMB

Give us a  
Laugh!!

How much space  
is needed to grow  
fungi?



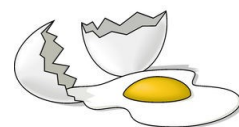
What do you call  
a sad coffee?



Why do the  
French  
eat  
snails?



If you drop an  
egg on the floor  
will it crack?

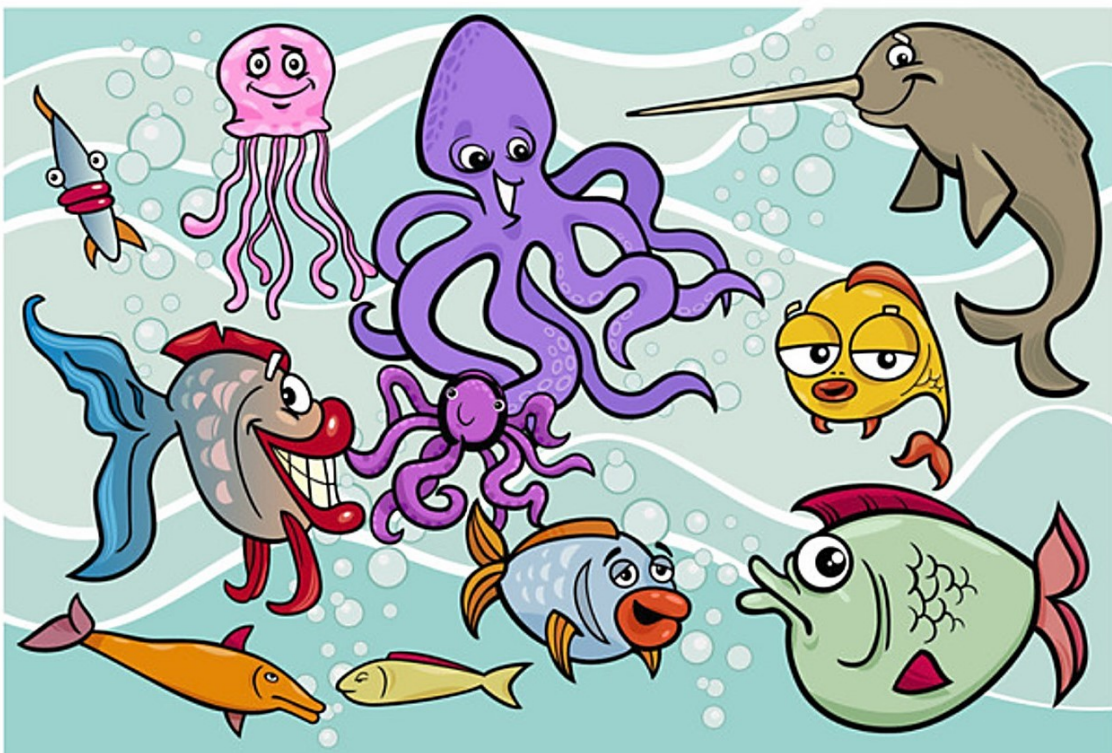
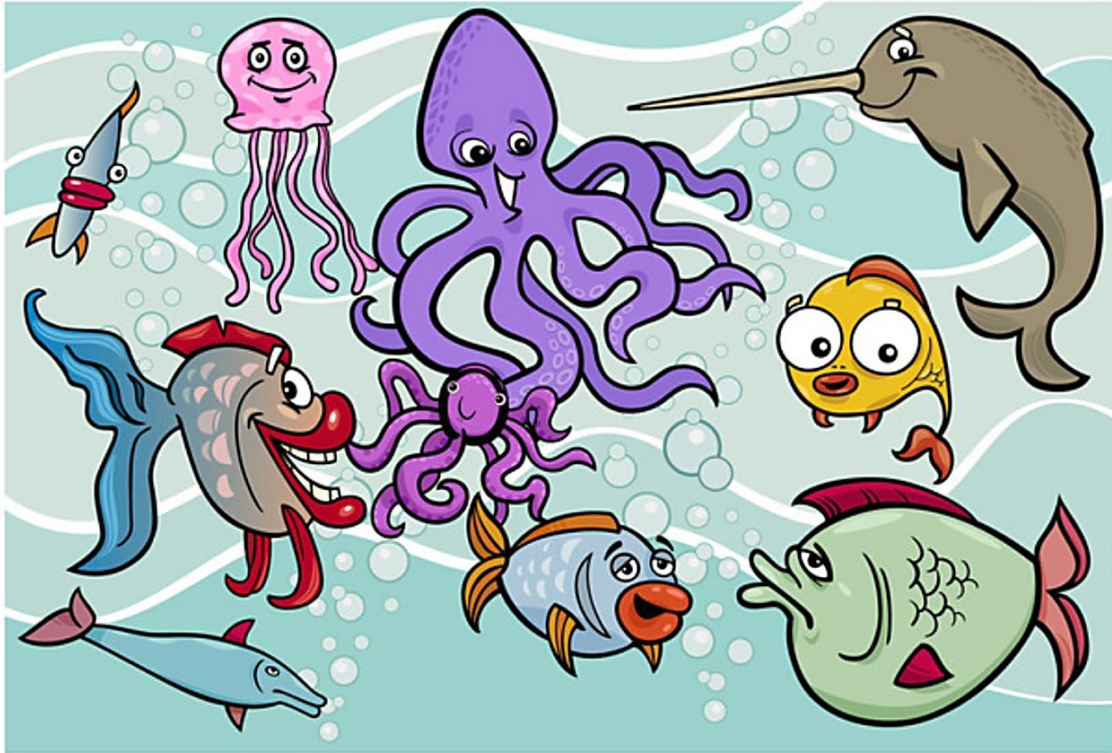


ANSWERS  
As MUSHROOM as possible  
Because they don't like fast food  
A Depresso  
No, floors are very hard to crack



# Summer Competition

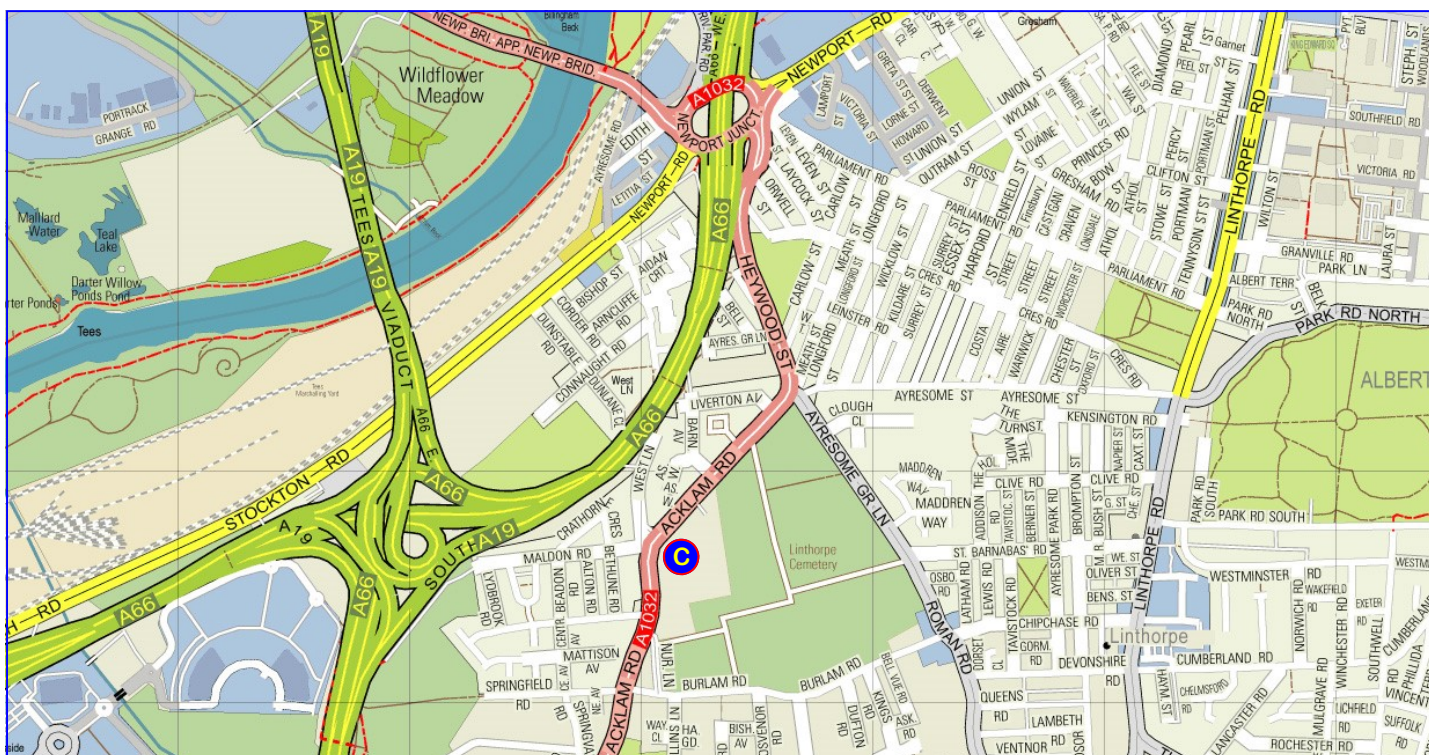
The winner of last issue's competition was Aaron. This time the Spot the Differences is based on sea-creatures, with ten changes to find. Mark them on the bottom picture, then fill in your name and put the page into the Suggestions Box near the signing-in desk. You could be the lucky winner of a £5 voucher, selected in September.







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



## **Teesside Ability Support Centre**

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TS5 4EG**

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