

TASC NEWS

Winter 2019

Winter Competition

Issue 40

Foreword

See Page 25

I write this on Black Friday. According to the retailers, there are bargains to be had aplenty but, according to Which?, most items can be purchased at the same price or even cheaper throughout the year.

I do recognise good value when I see it and our fantastic Governing Board, Staff team, Volunteers, Students, P.A.s and colleagues from agencies would certainly fit into this category and I thank them all for everything they do.

I would also like to take this opportunity to thank all the Members and Carers that send in donations to our Christmas raffle and the tokens of gratitude to our staff. We appreciate all you do.



Inside this issue:

Foreword	1
Notice Board Hello/Goodbye Colin Thompson	3
Fundraising Adverts My Sponsored Walk Halloweening at TASC Christmas Craft Fayre	5
TASC Activities Lighting up Blackpool A Party round the Green On the Right Track to Shildon Leeds Armoury Snow White at Billingham	9
Manor Hub News	16
Chatterbox Caravanning in the Lake District Holidaying in Tenerife My Knitting at Home I Thought I had a Dream Scoring with MDSA Fellowship Fundraising for Holidays Lionesses on Teesside	18
Winter Fun Page	24
Winter Competition	25
TASC Locations	26



The Newsletter Team

Andrei, Ashleigh, Irene, Karen,
Heather & Trevor



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

The result of this year's Members' Satisfaction Survey was one of the best in a long time and it was followed by the Staff Satisfaction survey, which was also very pleasing.

Satisfaction around the quality of staff remains high; 98% of Members rated the staff outstanding or good. 100% of our staff team reported that they are very motivated to see TASC succeed. With results like that we can look forward to the new decade with pride and optimism.



We are pleased to announce that we were the beneficiaries of some money left to us in a carer's will and we have put up flip charts at both units to get everybody's ideas as to how we could use the funds to improve the service. We would love to get your ideas too, so please email us at: teessideasc@yahoo.co.uk with your suggestions.

All that is left for me to do is to wish everyone reading this newsletter and everyone connected with this fantastic charity a Very Merry Christmas and a Happy New Year.

Malcolm Turley,

General Manager,
Day Services



HAPPY NEW YEAR

Notice Board

Hello/Goodbye

Yes, as the Beatles sang, it's Hello/Goodbye to various Staff and Members. The good news is that we can say Hello to several new staff; Luke Mitchell, who will be working at the Hub, and Stephen Sedgwick and Sue Irving, who will both work at Acklam



Luke



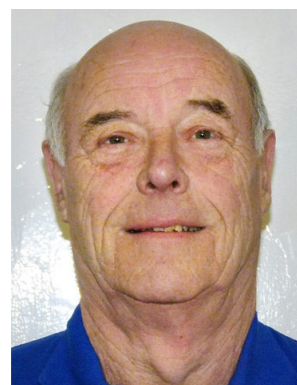
Steve



Sue

Road. Sadly, it's Goodbye to Andy Collier, who worked at the Hub; we hope he enjoyed his time with us and will be happy in his new post.

Unfortunately, we have to say much sadder goodbyes to several people at this time. Colin Thompson, our popular caretaker, who recently retired, has passed away. We send our sincere condolences and thoughts to his family, and have included a warm tribute from his former colleague, Dave, in this issue.



Colin

On a similar sorrowful note, we would also like to send our condolences to the families of ex-Members, Sandra Peacock and Roy Williams, who have both passed away. Both were with us for a long time and we are grateful to have been a part of their lives.

Newsletter
Team



Sandra



Roy

Colin Thompson

We were all sad when we were told that Colin Thompson had passed away on 26th August 2019. Colin was my buddy and co-team worker at TASC. Colin and I got to know each other very well when we did jobs together. He planned everything; I was his spare hands to support him.

Colin was a good friend to me. When we were asked to do a safeguarding course, I panicked, but Colin reassured me by saying “do your best, the assessor Christine will guide you”. I went on to do more courses without any worries.

At Colin’s funeral, I found out what an amazing life he had had; working at ICI, travelling to different countries, his holidays on the barges with his family, Cynthia, Victoria, Nick and Emma, and, in his younger years, riding motorbikes.

I always thought that Colin was full of life, everybody’s friend and a good listener. We often talked about the radio show, Sunset Melodies, with Gary Moritz playing songs from the 1940s to the 1970s. I will miss Colin’s chats and his smile; he always seemed to have a happy-go-lucky attitude. I am proud to have been a friend of Colin, and both TASC and I will always cherish his memory.

Dave B



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

My Sponsored Walk

On Thursday 5th September, I attempted a sponsored walk from the Iceland food store in Ormesby to the TASC Centre on Acklam Road. It was going to be a four mile walk, so I was lucky as I set off, as it seemed to be a nice day. I started at 9:54 in the morning, when my dad dropped me off outside Iceland. I headed down Ormesby Road towards the Buccaneer pub at the Longlands Road junction and then turned left to walk towards Albert Park, going past the Kwik Fit tyre depot, so I didn't have to cross over the big roundabout.

I followed the road round onto Marton Road, heading towards Park Road South where I could cross at the traffic lights. I then walked down past the fire station towards Linthorpe Road, where I could again cross at the traffic lights. I then headed past the Dorman Museum and turned left down Ayresome Street, where I paused for a moment to ring Shigemi and let her know I was only about 10 minutes away. I walked down past the hospital and crossed the lights onto Acklam Road for the final leg.



When I reached TASC, I was greeted by a group of Members and Staff, cheering and congratulating me on my achievement. The walk took me 90 minutes, so it was lucky I had nice weather to do it in. I am happy and proud of my achievement, overcoming my poor eyesight and, thanks to the generosity of my many sponsors, I managed to raise £226.50 for TASC.

Derek



Halloweening at TASC

TASC celebrated Halloween early this year; on Tuesday 29th October. The staff and some Members decorated three areas of the Centre with skeletons, ghosts, webs and more. The kitchen staff made steak, corned beef and vegetarian pies, to go with mushy peas, followed by lots of cheesecake for everyone.

On the evening, people arrived sharp at 5 o'clock, and most were dressed ready for the scariest outfit competition. Everyone had an allocated table and TASC staff escorted them to their seats.

The tables were appropriately dressed with spiders and webbed lighting and there were quiz sheets ready to be filled in. Food and hot and cold drinks were served at 5:30, which everyone enjoyed. Big thanks to Tracey Beales and Megan Hughes for the donation of lovely cakes.



Staff were roaming around selling scary cakes and tickets for the raffle and tombola, whilst Chris, our staff DJ, was in another suitably decorated room, playing scary tunes to dance to. Fred was in a specially constructed photo booth, taking snaps of dressed up Members with appropriately gory props.

The evening flew by and the costumes were amazing. Jordan and Lucy won the best scary costume prizes; congratulations to them.

As always, a big THANK YOU to all the Staff and Volunteers on the night; we really couldn't do it without you. As well as giving everyone a fun evening, we managed to raise almost £350 to help fund other activities.

Andrei



Christmas Craft Fayre

TASC's Christmas Fayre was held on the last Friday in November so the Centre had to get into the Christmas Spirit in a hurry.

The Christmas decorations were put up and the Carols were playing while Christine and her little elves transformed the Physio area into the Christmas Fayre. Staff and members from both Centres crafted keychains, tree baubles and even Santa letters and reindeer food to sell; they looked really good.

In the kitchen, the team produced pies, quiches, chutney, cupcakes, mince pies and even Christmas cakes to sell; go Team Kitchen.



The Fayre was only on for a few hours and only the loyal few came along, but we still managed to raise the fantastic sum of over £410. Again, thank you to all who came and we hope you had a lovely time.

Karen



TASC Activities

Lighting up Blackpool

This was the last TASC holiday for 2019 and the destination was Blackpool to see the illuminations.

It was an even dozen who boarded the bus on a Monday morning in early October, and all were happy and excited to take the one hundred and twenty mile journey to get to their holiday destination of The Bond Hotel, Blackpool. We stopped half way through the journey at a little place called Kirkby Stephen and had packed lunches.



When we finally arrived, we quickly unpacked and then went out for a little reccy of the surrounding area, before returning to have a three course evening meal. Entertainment that night and every following night was Bingo, followed by a singer and a late night disco.

The first morning, we all had the big breakfast that was on offer, then got ourselves ready for our first trip out. This was to Sea World, where it was wonderful watching the fish swimming over our heads and the giant turtles mixing with the sharks; we even got the chance to touch some starfish and sea urchins.



Most evenings before our meal, some of us would wander up and down the Golden Mile to see the illuminations; they were spectacular.

We also enjoyed a visit to Madam Tussaud's and having our photos taken with various 'stars' and on the famous crossing off the Beatles Abbey Road album cover. Our best day, however, was when we went to Liverpool. We went the docks, did some shopping and passed the famous Cavern Club, where, surprise, surprise, we had our pictures taken with Cilla Black; well with the statue anyway. It was all great fun.

Irene



A Party round the Green

Like every year, the preparations for this year's Christmas party started near to the beginning of the year, with the venue being booked early to ensure that the party could take place. As last year, we were lucky enough to book the Acklam Green Centre again and, over the rest of the year, we gathered all the decorations and trimmings needed to make the day go with a bang.

As always, the party was a big success with everyone having a good time, dancing and singing, and with lots of food and drink. This was followed by a special visit from Santa,



who gave all the Members a present each; a wonderful day as always.





Inevitably, there is a significant cost associated with putting on such a magnificent party and, over the last few years, we have benefited greatly from generous donations from an anonymous lady, who wished to see the Members enjoying life as much as possible. We are extremely grateful for her benevolence, but, unfortunately, now need to look for other means of financing this annual event, if we are to maintain the high standards set in recent years. Without doubt, the traditional Christmas party will continue and we are hopeful that there are other generous, big-hearted people about who will help us maintain it at its present level. It is something that the Members look forward to enormously.

Andrei



On the Right Track to Shildon

A trip to Shildon Railway museum always puts plenty of smiles on the faces of the Members who go along, not least because, unlike the Darlington Museum, entry is still free. Recently, groups from the Centre and the Manor Hub have been along to see the various exhibits

The famous Sans Pareil (a steam locomotive built by Timothy Hackworth) is one of the first trains you will encounter and you can also visit his cottage where you will be engrossed in historical activities to keep your interest. All together, there are five buildings to visit



and one of the groups' favourites is the one where you can peak through the windows of the Royal Carriage and picture how the upper class travelled in years gone by.

During our visits, we normally have some lunch at the café; we find it quite reasonably priced and the quality of the food is good. We recommend this museum as a good family day out for all ages; pop along and give it a try.



Karen

Leeds Armoury

A visit was set to go along to the Leeds Armoury for the day. A group of TASC members put their names forward to go on the trip and it was arranged that they would be picked up from home to go straight to the museum and returned home on the evening.

The journey was quite long, because we were picking people up on the way, but it was lovely to get there and see the magnificent displays and to read the history behind them. It was also nice to be in a lovely, open, wheelchair friendly environment.

We had lunch in the café and, although it was a bit expensive, we did understand because it was free to look round the Armoury and they would need to reap some money back from somewhere. We all had a lovely day, well worth the long drive, but would like to stay



longer next time.

Karen

Snow White at Billingham

If you haven't guessed from the title, this year's pantomime at the Billingham Forum was Snow White and the Seven Dwarfs. Two groups of Members from the Acklam Centre have been along to join in the fun.

In this production, Ben-Ryan Davies, from Hollyoaks, played Prince Benjamin and Gemma Gibbions played Snow White. The two of them proved to be a good combination. Liam Mellor, a pantomime regular from Redcar, played Muddles.

James Chapel, as Dame Dotty, provided much of the comedy, along with the Harper brothers, who played the Henchmen, Odd and Job. As ever, there were lots of bright costumes and energetic routines. There were plenty of one-liners to keep us laughing out loud but, as always, what got the biggest roars from the audience was the three of them singing the famous song, "We'll have to do it again then".

The two groups from TASC really enjoyed the panto, which generated a real buzz amongst the audience and got them really involved. You can't beat a good Pantomime to get the Christmas season going, so let's hope the tradition continues for many years to come.

Andrei



Manor Hub News

The merger has been a great success with all members expressing how much better it is being together. Activities are going well with trips out every day.

We have been busy doing lots of activities at the Manor Hub. We have visited Cherry Hill Garden Centre Christmas display and the Shildon Railway Museum. We held a coffee morning on the 7th November, with prize bingo, raffle and craft stalls, which raised £277.68.





We are currently making our own version of the knife angel.

Manor Hub Team



Chatterbox

Caravanning in the Lake District

This year, we had a family holiday in the Lake District. We stayed in a caravan on a site that had a pool, restaurant and amusements.



We had lots of day out. We went to Windermere and got a boat over to Ambleside. I was nervous about going on the boat, but I was fine once it was going. We had ice cream and fed the ducks.

We had a day in Keswick; we played mini-golf and had a walk around the lovely Hope Park. We went to the zoo; I liked the penguins, wolves and red pandas. I got stung by a wasp, so I had an ice cream to



make me feel better. I bought a toy red panda from the shop. I'm looking forward to going again next year.

Ashleigh

Holidaying in Tenerife

My family, Simon and Karen, took me on holiday to Tenerife.

We set off at 9 o'clock in the morning to catch our flight from Leeds Bradford airport. We had breakfast at the airport, so we just had a few snacks on the flight.

It took about an hour to reach our hotel, but the journey was warm. The hotel was called Parc la Paz. It didn't have a pool but we were close enough to go to the beach, which was lovely. We had an apartment with a veranda and the view was spectacular.

We spent our days wandering round the shops and visiting the beach. I bought some lovely pressies for my family at home.

Our evenings were spent having lovely meals out and watching the entertainment in the hotel. I loved watching the singers and the magician; they kept me entertained.

We had a lovely holiday; I would have been happy to stay another week. I'm really looking forward to next year's holiday.

Irene



My Knitting at Home

At home, I have been doing some knitting with the help of my friend Karen.

Last year, I was bought a variety of knitting needles and lots of wool from friends, so I decided to make myself a little project of knitting a small blanket to give to my friend Lilly to keep her legs warm while she was watching the TV. I decided not to just make it one colour but a variety of colours, so it was bright and fresh looking. It did take me a few months but it was well worth it as Lilly was over the moon with it when I gave it to her.



I have also knitted myself a small multi-coloured blanket to put on the bottom of my bed for the winter, when my feet tend to be a bit colder than normal.

If anyone has any ideas of useful things I can knit, I'd love to hear from them as I still have lots of wool left for future projects.

Irene

I Thought I had a Dream

I thought I had a dream about my Dad, who passed away 7 years ago, I woke up one night and I saw him at the bottom of my bed. The next morning I told Mum about it; I never thought any more about it.

Then my carer came to give me a shower; when I went on my bed, the carer said to me "look what I found on the floor". It was a white feather; I could not believe my eyes.

When I was at work, I had a look on the computer to see what it means. It means dad says everything is O.K. and he is always there. Fred laminated my feather, so I can carry it all over with me.

Karen



Scoring with Middlesbrough's Disabled Supporters Association

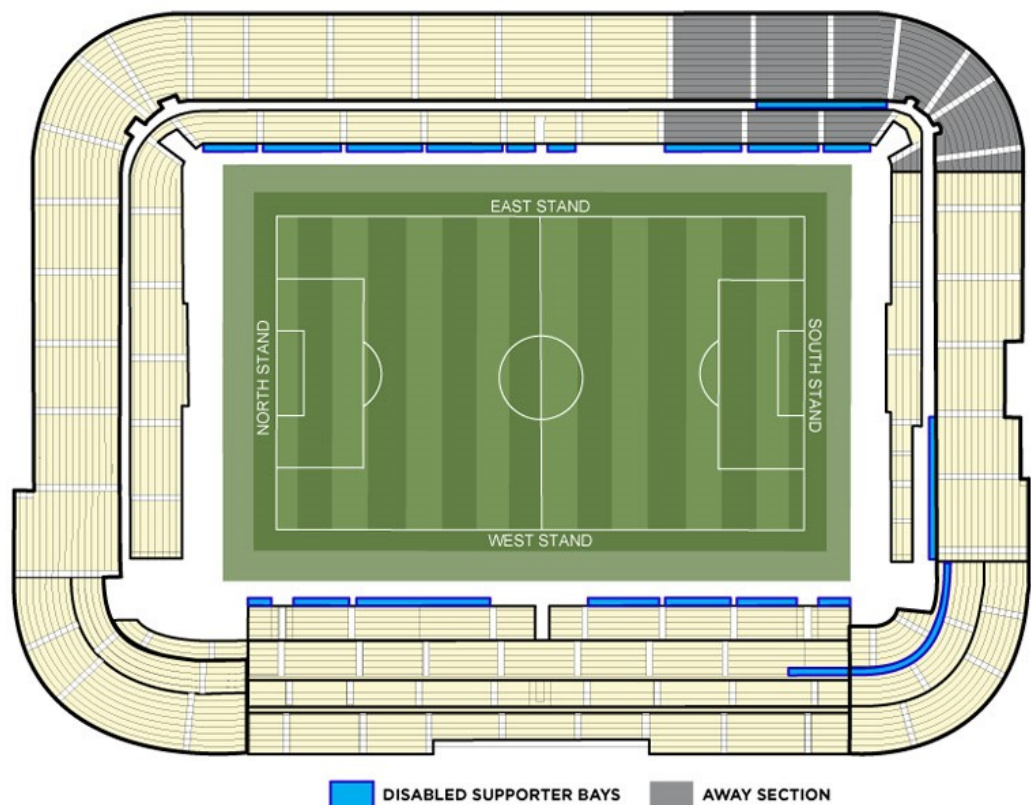
I love football and am lucky to be a member of the Middlesbrough Disabled Supporters Association (MDSA). I go to every home match possible as I am picked up by the association's mini-bus for free. I have my own seat at the stadium and we are lucky to all be sat at the front near the pitch.



The Riverside stadium has 3 specific wheelchair enclosures for home supporters and these are on a raised level. In the lower West Stand, there are 22 spaces, there are 30 spaces in the lower South West Corner Stand and 29 spaces in the South Stand. I am in the lower West Stand, as I use my wheelchair to access the matches. Middlesbrough FC also have a sensory room and can provide an Audio Descriptive Service on request.

I love going to the matches, as I get to meet up with my friends, enjoy a football match, have some food and down a couple of my favourite beverage; yes a good old glass of lager.

Andrei



Fellowship Fundraising for Holidays

Our summer holidays are very important to us, as they provide respite time for our families and fun for us. The wonderful Fellowship staff give up their free time to come with us, but they need to raise money to fund them.

We have two charity nights at the Western Society Club in Middlesbrough. One is in April for Easter, when we have a couple of raffles, a big tombola, bingo (which I never win) and a band, where all of the members get on the stage to sing and dance; they are wonderful with us. In April, we also do a walk, which is sponsored by our families and friends. On the day of the walk, we start at Albert Park and walk to the Holy Name of Mary Church hall; I collected over £100 this year.

In October, we have the second charity event at the Western Club, at which a wonderful man called Niall comes along and does an Elvis tribute; he is also great with all of us. Again, we have an big raffle draw; all the Fellowship Members get an envelope of £30 worth of raffle tickets and sell as many as they can. At the end of the night, Theresa tells everyone how much was raised; this year we made £2,500 towards our summer holiday.

The Fellowship is like a big family to us; a big THANKS to all their staff and to all who help them fundraise for us. They make a huge difference to our lives.

Karen



Lionesses on Teesside

On 5th October, England Lionesses came to Middlesbrough to play Brazil in front of a crowd of over 29,000 fans; a record for a Women's International outside of Wembley.



When I first heard about them coming to town, I couldn't wait to get a ticket for the game. I went to the box office and managed to get one at the front. The build-up was great; I was talking to a few fans outside the ground when the England team bus arrived. Lots of us ran over towards it; it was there that I met Lucy Bronze, one of England's star players.

After I found my seat in the stadium, I was impressed to see loads of England flags; the atmosphere was fantastic and there were people playing musical instruments.

The game was good and we were unlucky to lose 2 – 1. The end where we scored was in front of me; when Beth England got our goal, we all jumped up and shouted YEAH, COME ON ENGLAND. We kept roaring the team on.

After the game, I managed to meet Steph Houghton, Lucy Bronze, Beth Mead, Beth England, Aofie Mannion and Keria Walsh; also the boss Phil Neville. I didn't leave until 5:10 pm.

I went for a meal in The Six Medals; the place was busy and everyone was talking about the game. Some said it was the first Women's game they'd been to and they really enjoyed it.

Derek



I LOVE
WINTER

FUN PAGE

I LOVE
WINTER

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

Find the hidden words

SNOWFLAKE GLOVE

SNOWMAN FROST

MITTEN COLD

WINTER ICE

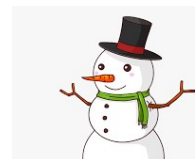
HAT SKI

IT'S SNOW JOKE

What do Snowmen
wear on their heads?



How does a Snow-
man get to work?



What do you call a
Snowman's temper
tantrum?



What do you call a
Snowman party?



ANSWERS
Ice Caps
On his ICICLE
A Meltdown
A Snowball

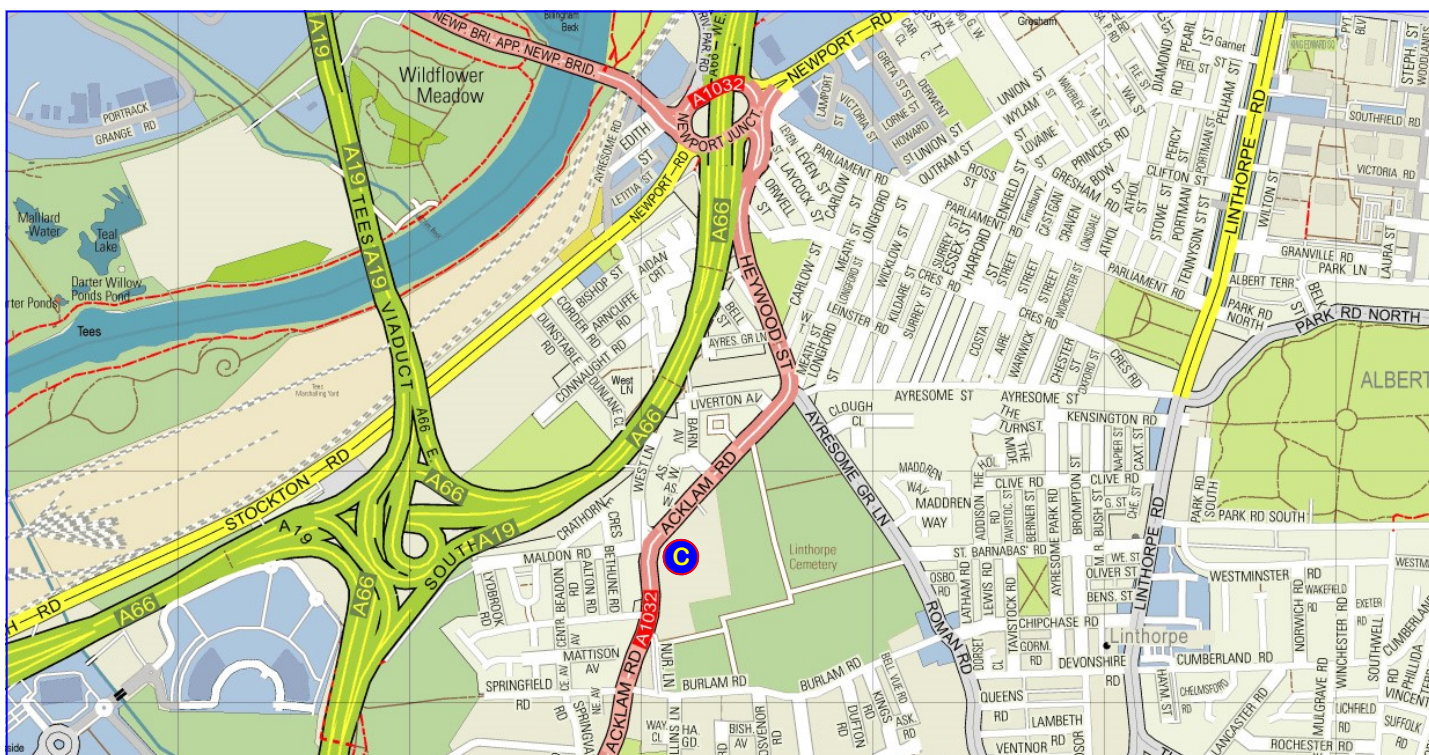
Winter Competition

The winner of last issue's competition was Kirk. This time the Spot the Differences is based on Christmas, 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 January.





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



Teesside Ability Support Centre

**Acklam Road, Middlesbrough
TS5 4EG**

Phone/Fax: 01642 818854

Email: teessideasc@yahoo.co.uk

Registered Charity No. 508551