

TASC NEWS

Spring 2020

Spring Competition

Issue 41

Foreword

See Page 19

I write this as the world is gripped with concern over Coronavirus. It's an uncertain time and we all need to follow Government and medical advice to ensure our health and safety. In this respect, the Government has recommended that everyone with Cerebral Palsy or a learning disability should restrict their social contact and, as I write, nearly half of our customers have decided that staying away from TASC is their best option. I fully understand their

position and I hope that they will return as soon as the situation improves.

The **good news** is that, for now, TASC has been advised it can remain open, so we will continue to provide our usual service for our remaining Members until the advice changes or we run out funds.



Inside this issue:

Foreword	1
Notice Board 25 Years of Dave Painton Holiday Caravan Offer	3
Fundraising Adverts Keeping Schtum Movember	5
TASC Activities Goldilocks & the Three Bears Christmas Lunch Rats, it's the Chinese New Year Valentine's Day	7
Manor Hub News	11
Chatterbox Monster Trucks The Saddest Time of my Life Meat Loaf and Me Cadbury World My Saturday nights are Alright	13
Choc Fun Page	18
Spring Competition	19
TASC Locations	20



To be confirmed



The Newsletter Team
Alison, Colin, Karen, Tracey
Heather & Trevor



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

The latter possibility arises because, regardless of the reasons, we only get paid when Members attend, so our income is now very much reduced. Hence, if the situation continues for longer than currently envisaged, we may be forced to close. We are hopeful that our Local Authority customers will come to our rescue at this difficult time and that our next newsletter can begin with a much more positive message.

In the event that we do have to close the service for a while, we will try to stay connected to Members and hope to run activities online. We can do this via a free app called “Zoom”. This allows up to 100 people to connect at the same time, for free, for up to 40 minutes.

If you have access to a computer, tablet or smartphone, you should be able to download and install this (I haven’t checked, but I’m told that Zoom also works through some smart TV browsers). Once it’s installed, if we don’t have it already, let us know your email address by emailing: teessideasc@yahoo.co.uk. We can then offer support and activities to Members, even if you are at home.

We will also telephone now and then to see how you are doing.

Whether you are self-isolating or continuing to use our service for as long as possible, stay healthy and please let us know if there is anything we can do to help.

See you on the other side of this!

Malcolm Turley
General Manager Day Services



Notice Board

25 Years of Dave Painton

February marked the completion of 25 years of dedicated, loyal service by Dave Painton on behalf of TASC and its Members. The occasion was marked by the presentation of a long service certificate by Vince Farrell in front of an appreciative crowd of Members and Staff. Dave, for once, seemed slightly lost for words. Many thanks, Dave; we hope there are many more years to come.



Newsletter Team

Holiday Caravan Offer

Last year, some of our Members were fortunate enough to stay in a fully equipped caravan at Reighton Sands, near Scarborough. This was generously made available free by the Middlesbrough and Teesside Philanthropic Foundation. Although TASC will no longer be able to organise yearly holidays for its Members, Jenny Williams, from the Foundation, has been in touch to offer the opportunity of free use of the caravan to our Members and their support families. We very much appreciate this generous offer and hope that some of our Members may be able to benefit from it.

The caravan site brochure is included in this Newsletter and further details, including application forms, are available from Sue in the Office.

Jenny Williams

Funding Administrator & Mentoring Manager

Middlesbrough & Teesside Philanthropic Foundation

Registered Charity No: 1140740

35 Centre Mall, Middlesbrough, TS1 2NR

Tel: 01642 686018



Reighton Sands Holiday Park

Enjoy glorious views of the surrounding Yorkshire coastline and miles of golden sandy beach

- Recently refurbished ShowBar with evening entertainment
- Recently renovated The Hawkwood bar and restaurant
- Heated indoor pool with hoist
- Outdoor Lazy River (open from 25 May – 2 Sep, weather permitting) - may not be suitable due to the current and no hoist
- Five miles of sandy beach with complimentary train access
- Full site is wheelchair accessible
- For any other questions, please call the site directly on 01723 890 476

Reighton Sands Holiday Park,
 Reighton Gap,
 North Yorkshire.
 YO14 9SH

Our caravan is:
 Oakwood D04
 Finlay Cooper Caravan



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

Keeping Schtum

One of our Members likes to try and raise money for the Centre by doing sponsored events. Following the success of his sponsored walk, reported in an earlier Newsletter, Derek decided to do a sponsored silence in November. Given his normal chatty nature, this was going to be a difficult challenge for him, but a welcome relief for the rest of us.



The day arrived and, between 11am and 3pm, silence fell on Derek. Despite the best efforts of Staff and Members to trick him into talking (and thereby save their sponsorship money), Derek maintained an impressive silence for the required four hours. He was quite inventive though; he used his phone occasionally to type out messages for people to read.

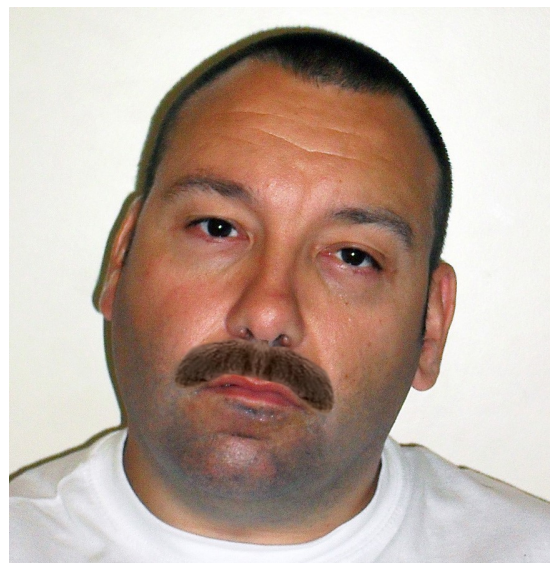
At the end of the time, normal service was resumed, which provided a splendid opportunity to sell earplugs at inflated prices!

Well done Derek and many thanks for the £150 you raised for TASC and also for sportingly posing for the picture. Looking forward to your next event.

Derek and Heather

Movember

In November, another of our Members, Steve, decided to participate in the Movember activity and grow a sponsored moustache. Unfortunately, no-one seems to have got a picture of the end result and he decided not to keep it, so we've created one to illustrate his effort. Many thanks to Steve for raising £100 in support of TASC.



Alison

TASC Activities

Goldilocks and the Three Bears

I went to Billingham Forum with a group from TASC to watch Goldilocks and the Three Bears.

When we got into the theatre, there was a boy in the audience walking around; he had a stick with a plate on it which he was balancing on his chin; he was very good. There was a woman with a funny hat on and she was called Dame Tilly. She was Goldilocks' mother and her brother was called Mr Muddles; he was very funny too.

Goldilocks met the Three Bears in the woods and Mayor Ringer (the baddy) put something in Baby Bear's drink, making him feel sleepy and then Mayor Ringer took Baby Bear away. Goldilocks was looking for him with everyone else; they all went to the Fair.

There was a man who was juggling and he made a sign saying "don't try this at home", because he put a stick in his mouth and it was on fire.

Eventually, everyone found Baby Bear in a cage that the baddy had put him in. They all saved Baby Bear and put the baddy in the cage instead.

It was a really good day.

Karen



Christmas Lunch

Every year, we have our traditional Christmas lunch at TASC. On the morning, our well respected friend, Brian Moore, came along to sing our Christmas Carols and play his guitar for us. Members and Staff love the chance to sing.



In other areas of the Centre, Staff were putting together the tables and dressing them up for the main event; lunch. The most important room in use is the kitchen, where the kitchen staff work really hard to prepare the meal.

Everybody was feeling the Christmas spirit as they sat at the tables and pulled the crackers and party poppers.

The meals came out, with smells of Christmas wafting all around the room. Everyone was stuffing their faces, whilst laughing and giggling with excitement. The lunch was lovely and the atmosphere matched a really good day to be at TASC.

When all the merriment had finished, Members settled down to watch a Christmas DVD: sending them off home with everyone happy to tell their friends and family about how lovely their day had been. Roll on next year.

Tracey



Rats, it's the Chinese New Year

In the Chinese calendar, 2020 is a year of the Rat, starting from January 25th, 2020 and lasting until February 11th, 2021. The Year of the Rat is the first of twelve zodiac signs in the Chinese zodiac cycle. The others are, in order: Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, Dog, and Pig.



Surprisingly, in Chinese culture, Rats are quick-witted, resourceful and smart, but lack courage. They represent working diligently and thriftiness, so people born in a Rat year are thought to be wealthy and prosperous.

As a Centre, we try to celebrate events from different cultures, so we organised a Chinese-themed lunch on Friday 24th January. We played Chinese style music all day and we had worked hard gathering and making decorations for the room. We ended by eating a fabulous lunch of Chinese delicacies, from noodles to black bean sauce. However, we cheated a little by drinking our tea (originally from China) English-style. As always, we had a lovely day and we are looking forward to our next celebration.

Colin



Valentine's Day

Valentine's day has been and gone again. This time, TASC had a full day of celebrations, starting with a Valentine's quiz and bingo session on the morning and, after lunch, our famous karaoke disco. This had a Valentine theme of mushy love songs and 80s classics.



At TASC, we try to extend love towards everyone, not just to someone we might actually fall in love with. We made cards that could be sent to friends and family, not just secret loves or sweethearts. TASC likes to promote care and friendship to all, so maybe next year you might think about who you might want to send a card to.



Alison



Manor Hub News

The Hub has been putting on arts and crafts workshops every Monday, as an internal activity, for the past few weeks; Members from the main site have been coming down for them. During the workshops, the Members and Staff have been working on little projects for Valentine's Day, Mother's Day and Easter. The Members have really enjoyed the workshops and we are going to do this as an internal activity on a weekly basis, because they have been such a success. Our next project is the table numbers for the club night; we will be starting these on Monday 16th March.

Justin will be delivering rebound sessions from the Manor Hub and the Centre; they will be up and running soon for all Members to enjoy and take part in.



We have had several trips out, as external activities over the past few weeks. Places we have visited include Seaton, for a walk out and fish and chips, and two trips to Middlesbrough town hall. The Members thoroughly enjoyed the town hall trips, so we are going to look into future trips here soon.

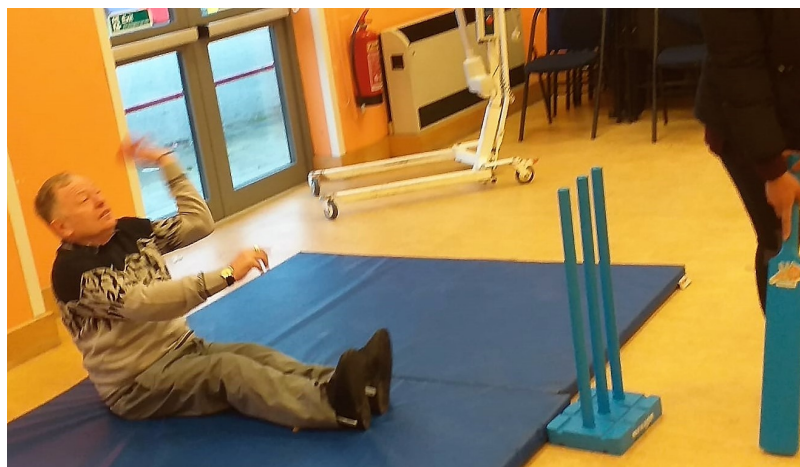
We have had a trip out to the new Life centre in Newcastle; the Members enjoyed the trip. We are looking at doing further afield trips out for external activities and are in the process of getting ideas from the Members of where they would like to go.

We have booked a trip out to Liverpool football club; this was organised for Wednesday 25th March, but may be rearranged. Our Members will

be visiting the museum and also having a look around the football ground; everyone is excited about the trip.

We have also been doing baking as an internal activity every Tuesday and our Members have also been enjoying our indoor cricket activity.

Hub Team



Chatterbox

Monster Trucks

I went on a National bus tour to the N.E.C. near Birmingham, to see the monster truck exhibition and I was amazed at how good it was.

The arena was humungous and the trucks were really big and spectacular. I was sat on a side balcony, right up high, but the view was still really good.

The show lasted two hours and we saw a wide range of trucks, from modified pick-ups with big wheels to the real, specially-built, one-off monster trucks that were breathing fire.



A really good day out for all the family and, if you get it as part of a National Tour, it's not too expensive. Monster truck events are often shown on some of the Freeview and Satellite channels, but you can't beat actually being there.

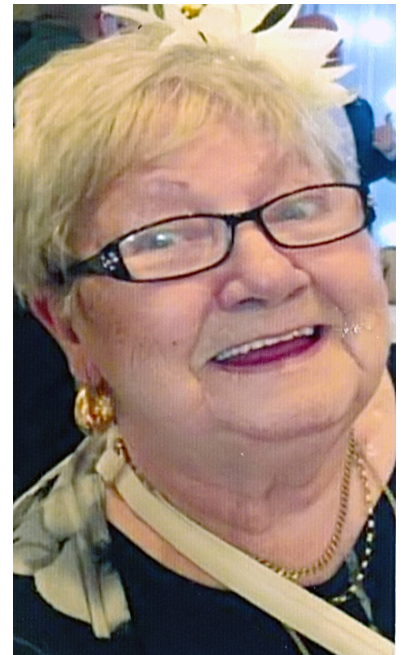
Colin



The Saddest Time of my Life

Just before Christmas, my life fell apart, because my Mum passed away. She had been in and out of the hospital for a while. My brothers, Christopher, Gerard and Paul, and my cousin Lorraine were at the hospital every day.

I went to hospital with them sometimes. When we arrived, I felt like crying, I was shaking all over. Mum has always been there for me. When I was 14 years old, the headmaster asked my Mum and Dad if I could move to Newcastle for school; Mum said no problem. I have never been away from my Mum or my Dad for even a week. My Dad died some years ago, so now my Mum has died I've lost everything.



I can remember when Christopher told me Mum had only a few days to live; it broke my heart. Paul called Gerard, who lives in Southport, to let him know and they went up to the hospital. Gerard, Paul and my cousin Lorraine did not leave Mum's bedside after that. I went to the hospital to see Mum; it was very hard for me but it was very important to see her. I was shaking all over but I held my Mum's hand and she played with my rings. When I went back to the car, I looked back at the hospital window; my heart was breaking, because I knew it was the last time I would see Mum.

When Mum died, I could not cry; I don't know why. My Mum was my life! I feel so lonely without her. I miss daughter and Mum days, when me and Mum would watch television together all day; we loved films. I am very sad; I have lost my life now.

On the day of the funeral, when the cars came it was horrible; I started screaming. We had bagpipes playing 'Amazing Grace' as we were walking into the church. Father Ryan, who did the funeral service, has been a friend of the family for 48 years, so mum got her wish. I know Mum is happy in heaven with my Dad and my big brother Robert, and I still have my other brothers and family who love me, but nothing can ever replace my Mum.

Karen

Meat Loaf and Me

I've been coming to TASC for the past four years and, when people first met me and started to get to know me, some of them thought that I'm a big Meat Loaf fan. I'm not really; I just have one favourite song, "Two out of Three ain't Bad", that I like to sing when I'm doing karaoke. I would like people



to know that I'm also a fan of Motown music and I wouldn't mind singing some of that sometimes.

Going back to Meat Loaf, I thought I'd give you all a bit of background into my famous karaoke song. "Two out of

Three" is a powerful ballad from Meat Loaf's most well-known album "Bat out of Hell". The song, written by Jim Steinman, came about when Mimi Kennedy, a cast member from his musical "Rhinestone" suggested his songs might be more popular if they were less complicated. He heard an Elvis song on the radio with a line about "I want you, I need you" and wrote a song around this. Although the finished song is still quite complex, the catch-line makes it easy to remember and it's been a big hit.



I hope you enjoyed that short bit of history and that you remember, for future karaoke sessions, there are other songs I'd like to sing; I'm not just a one song girl!

Tracey

Cadbury World

Whilst I was down near Birmingham for the monster truck show, I also visited Cadbury World at Bournville. It was included in the bus company trip.

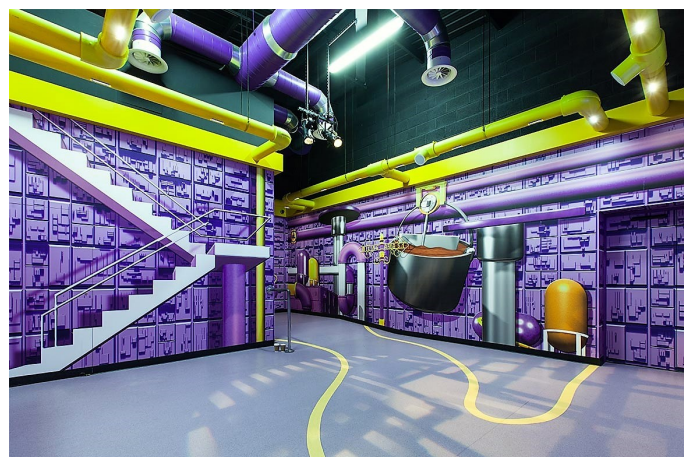
Although Cadbury World is in the grounds of the original factory, you don't just get the typical factory tour. Instead

Cadbury have created a series of fourteen chocolatey zones, which take you through the chocolate making process, from the Aztec jungle to the final products. On the way, you find out about Cadbury's history, how different products from Crème eggs to Buttons and Roses are made and get a chance to try making your own chocolate. The tour lasts about two hours and is very interesting. As an added bonus, you also get some free chocolate.



Although it's very different to the monster trucks, combining the two visits on the one tour makes for a very interesting break. I've said it before and I'll say it again; I love going on National tours (if this doesn't get me a free trip, nothing will!)

Colin.



My Saturday Nights Are Alright

Most weekends, myself and husband Lee go out clubbing; not to night clubs, but to local clubs to see the bands. We always go with friends, because it's good to socialise with others. We're not a picky couple; we'll go and see most bands, but we do have a few favourites like "UK Legends" (it's a mixture of



ex-band members from other groups from the 60s and 70s) and Alexander's Palace, a rock band who sing songs from Bon-Jovi to Meat Loaf. We don't tend to get up dancing anymore, but we do like chair dancing and singing along. It is good to go out with your friends socializing, but it is even better when you are supporting your local pubs and bands.

Alison





Choc Fun Page



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

Find the hidden words

BOOST

CHOCOLATE

CRUNCHIE

CADBURY

KITKAT

AERO

FUDGE

FRYS

OREOS

ROSES

TWIRL

TWIX

Choc's Away

What do you
become after seven
days without
chocolate?



What did the Easter
Egg say to the
earthquake?



What kind
of candy is
never on
time?



What do you get if
you cross a cow, a
sheep and a goat?

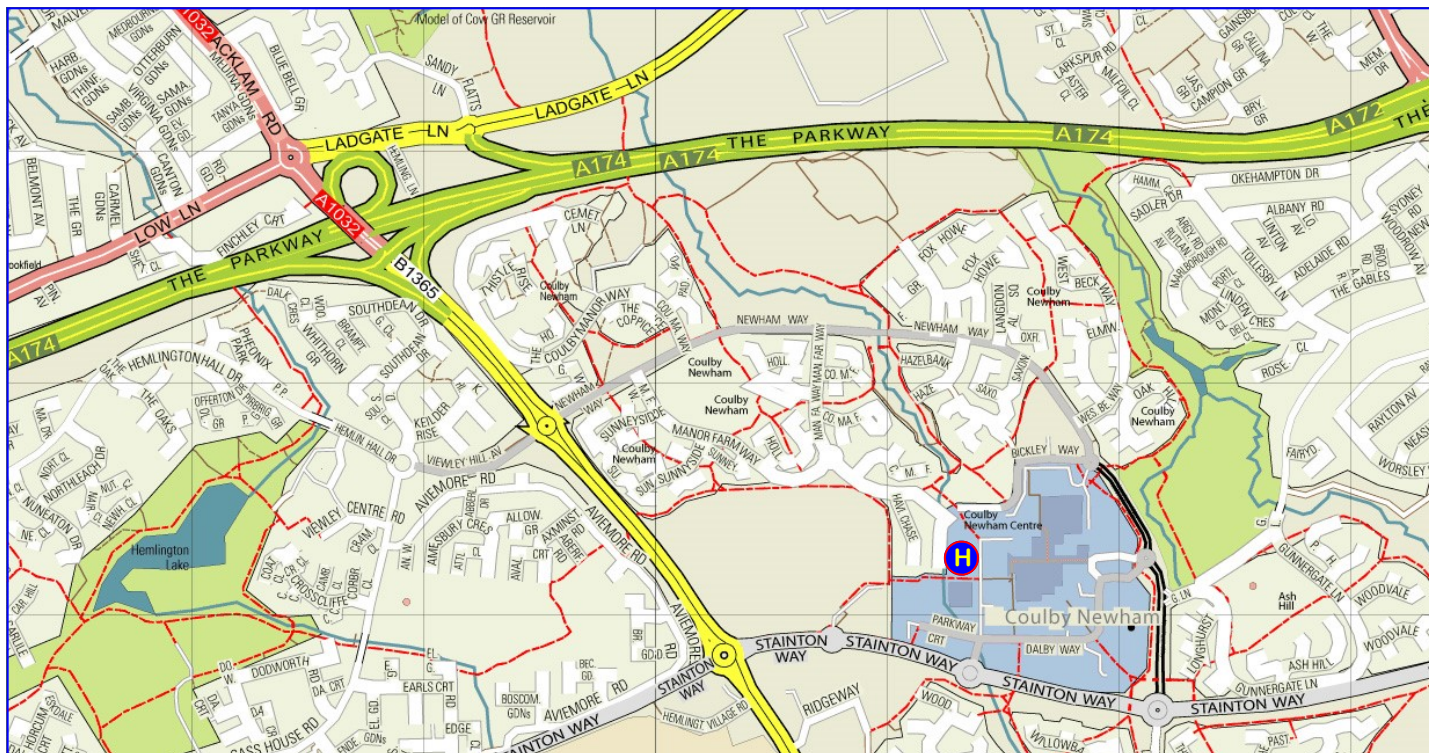


ANSWERS
Week
You're cracking me up
Choco-LATE
The Milky Baa Kid

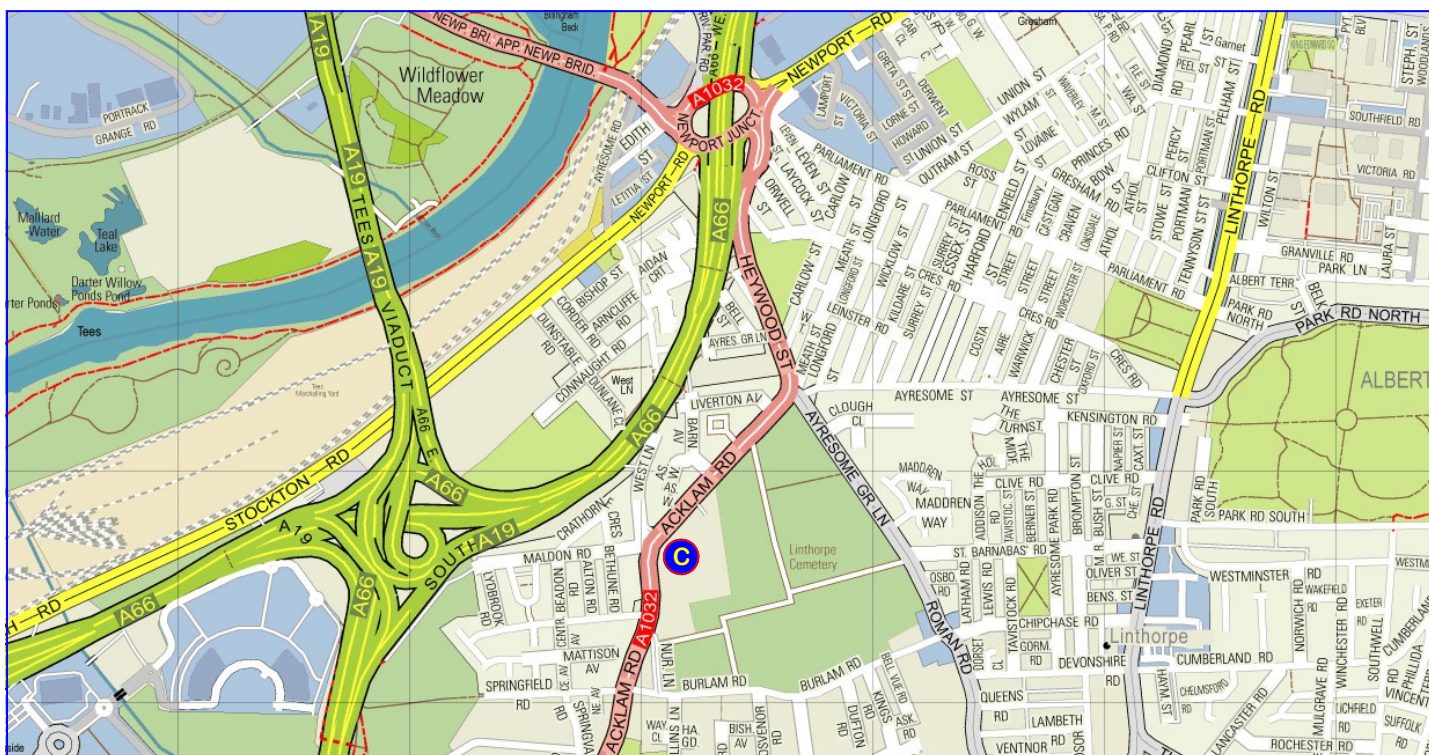
Spring Competition

The winner of last issue's competition was Alison. Her's was the only entry we got, so let's see a bit more participation this time! We're sticking with Spot the Differences, but here it's based on Easter, 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 May.





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



Teesside Ability Support Centre

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TS5 4EG**

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