

TASC NEWS

Spring 2022

Spring Competition

Issue 42

Foreword

See Page 21

Phew! So much has been happening!

I must start by thanking our Local Authority Customers for their continued support; we really would not be here without them. Their support during Covid has been truly amazing and this commitment has been extended to, at least, the end of March 2023.



Stockton-on-Tees
BOROUGH COUNCIL

We ask that Members help by attending as much as possible and to change their days of attendance, if they can, whenever they have appointments, to provide best value to the organisations that fund your place with us.

With your help we feel optimistic that we will be able to remain open for many years to come as we adjust to the "new normal".

Inside this issue:

| | |
|--|-----------|
| Foreword | 1 |
| Notice Board Health Checks New Recruits | 3 |
| Fundraising Permanent Fundraiser Donors Spring is back | 4 |
| TASC Activities Bigger is Better Christmas Together Again Love is in the Air Pancake Day Healthy Cooking Sensory Rug | 6 |
| Manor Hub News | 11 |
| Chatterbox Look Who's Hiding Now Memories Sidney Poitier Working with Sharon Birthday without Mum Etch-a-Sketch Croatian Culture | 13 |
| Animal Fun Page | 20 |
| Spring Competition | 21 |
| TASC Locations | 22 |



To be confirmed



The Newsletter Team

Andre, Karen, Shirley, Theresa,
Heather & Trevor

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



The generosity of individuals and organisations continues to blow us away with grants from The Teesside Charity (new Rebound Therapy Trampoline), Screwfix (New raised Garden beds), Remembering Rebecca (New Wheelchair Swing), Tesco and many more organisations too numerous to mention here. I will leave Jane, our new fundraiser, to report other news, as she now has her own page in this newsletter.

Speaking of the Remembering Rebecca Charity, we held our official opening of the wheelchair swing recently and we had a fantastic turnout. You can listen to the BBC Tees report on BBC sounds; just search for Gary Philipson's show on 14th April. Our part is near to the end of the broadcast and is well worth a listen. A massive thanks to the Hughes family for their help in making this a reality, in memory of Laura.

Finally I would like to thank all the Members who have returned to the service; the buildings are buzzing once again with laughter and music and we have really missed the chaos!

To our dear carers I say this, we know how hard your role can be at times and we will always be here for you, please let us know if there is anything more we can do to help.

Soon it will start to warm up (please be soon!) and thoughts will turn to summer; for now spring brings rebirth and it feels like TASC is being reborn too.

Best wishes for the summer!

Malcolm Turley
General Manager Day Services



Notice Board

Encouraging Health Checks for those with learning disabilities from minority communities



All people with learning disabilities over 14 years are entitled to an Annual Health Check (AHC) at their GP surgery. These health checks are designed to pick up a wide range of unmet health needs and pick up problems that indicate illnesses or conditions that could be treated.

There is poor take up of these checks and so **MVDA and Catalyst** in Stockton are working together to support an increased take up by those with a learning disability from ethnic minority communities. We want to work with communities and groups to find out whether barriers or other difficulties are being experienced by these people and what help needs to be put in place.

If you have a learning disability and are from an ethnic minority, a parent/carer or work with this group of people, then please get in touch with me as I am keen to hear about your experiences living in Middlesbrough and Stockton-on-Tees.

My contact details are below and thank you for your help.

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New Recruits and Departees

We are pleased to say that we have more new Staff joining the TASC team, six in all; Debbie, Hannah, Jane, Sharon, and Wayne in a variety of roles. Welcome aboard the TASC Day Centre Service. Also welcome back Fred as a volunteer.

On a less happy note, we would like to say “au revoir” to Staff Bryan and Martin and to our long-standing Member and friend Anthony B. We hope you all enjoy your pastures new and that you keep in touch.

Fundraising

Permanent Fundraiser

Jane Greig is now our permanent fundraiser at TASC and would like to keep in contact with parents and carers to let them know of any news and upcoming fundraising events. We think having a Whats App group would be a great idea to do this. If you would like to be part of the group, please email Jane at j.greig_tasc@outlook.com; please don't forget to tell her who you are and the Member you are with!

Malcolm, in the Foreword, has already mentioned some of the many generous donations which have been made recently. Others include the Tees Valley Foundation (£2,500 for I.T. purposes), Arnold Clark (£1,000 for Hydropool liner), Leeds Building Society (£1,000, for general use) and the Douglas Arter Foundation (£500, for general use). Our apologies if we have missed anyone, but you may be sure that all donations, however big or small, are very much appreciated by TASC and its Members.

Don't forget; if you are in Tesco's Coulby Newham, Eston or Dixons Bank from the 1st April to the end of June, PLEASE take a blue disk at the checkout and put it in the container for TASC near the exit. TASC have been selected in Tesco's voting competition and the more discs we get the more money for our wonderful charity & Members!

rememberingrebecca

...raising awareness of Lissencephaly



The Teesside Charity

Leeds
Building
Society

**Douglas Arter
Foundation**

TESCO

SCREWFIX

**Arnold
Clark**

Spring is back

We are happy to say that our garden is ready to be planted again, thanks to a very generous donation from ScrewFix of £5000, some of which has been used to renovate our raised beds. We look forward to spending lots of happy time in our smart new garden. Thanks again ScrewFix.

Theresa



TASC Activities

Bigger is Better

Members are now benefitting from our larger sensory room. Thanks to Justin, we have darkened windows and he stripped out the old area and put the fixtures and fittings into our new area.

We have some lights and mats, bean bags and a vibrating mattress but, as the Carpenters used to sing, “We’ve only just begun”, be-



cause we are going to install more lights to enhance the room and buy vibrating rolls and another mattress; can't wait for it all to be in place!

In the meantime, if you find yourself wondering what to do, why not join in a relaxing session in the sensory area, especially when the relaxation music, by Peder B. Helland, is playing – lovely.

The “old” Light and Sound area has been converted into a cinema area and a relaxing room; with seating, a screen and even a popcorn machine.

Hope you're all able to take advantage of the new areas and, if you have any other ideas for improvements, please don't be shy; talk to Staff about them.



Theresa & Heather

Christmas Together Again

The Bubbles had closed and the “Christmas Holiday” season was upon us. Although we still couldn’t have a big party this year, at least things were getting better, so Christmas was much nicer. The best thing about this Christmas was that we could spend it closer together than we have been able to for the past 2 years.

We were not be able to go to our old party venue of Acklam Green, but we did have a lovely Christmas meal with Staff and Members, though we did still socially distance according to government guidelines. The kitchen team kept up the high standards of cuisine that we have become used to, with beautifully cooked, seasoned vegetables and tender turkey, finishing the meal with homemade cheesecake or Christmas pudding.

We couldn’t have our Christmas celebrations without including our morning carol singing session, but unfortunately with no visitors allowed; hopefully we’ll be fully back to normal next Christmas. Santa and his Christmas Cracker also managed to visit both Centres and passed out gifts to all the Members.



We would just like to say how happy we are to see TASC coming out of the dark times, stronger and even more determined to support our Members; here’s looking forward to next Christmas and a really big celebration.

Shirley & Heather



Love is in the Air

We decided this year that Valentines Day should be a celebration for all the people we love and not just ones we have a crush on or have a twinkle in the eye for.

Members at both Centres decorated the halls with lots and lots of hearts and made cards for family members who were dear to them. For a fun lunch, we had “Marry Me” chicken and “It’s a Cheesy Cake Day” dessert. We ended the day with Karaoke love song singalongs, though I don’t think TASC is ever going to get on “The X Factor”.

Karen



Pancake Day

March 1st is Shrove Tuesday, better known to most as Pancake Day. Yet again, TASC celebrated the day in typical fashion, with all Staff and Members joining in the fun. We had management versus management, kitchen staff versus each other, Members versus everyone, all in our grand pancake toss race. People ended up with pancake in their hair, on their clothes and all over the floor; there were some funny sights to see!

The best part of Pancake Day, of course, was when we got to eat the properly cooked ones, with strawberries, syrup and fresh cream – lovely. Hope you all enjoyed Pancake Day as much as we did.

Theresa



Healthy Cooking

We all realise that it is better for us eat as healthily as possible, but we do all still like a treat, so TASC now have a weekly cookery session, where the Members can produce healthier but still tasty treats. We use healthy options, replacing sugar with saccharine, or sometimes honey, and using fresh produce as often as possible.

Doing this group helps Members to be able to see first-hand what goes into making the healthier option and also - which is the best part – get to try the snack itself.

For all the Members who join in the activity, we just want to remind them that you can take a copy of the recipe home and, even if you're not participating, then just ask a member of staff and they will happily get you a copy of the recipe you wish to have.



Happy, Healthy Cooking, everyone.

Sensory Rug

Here at TASC, some of the Members and support Staff have enjoyed making a rag rug, sensory blanket. We used recycled materials, which we would otherwise have thrown away.

Some of the Members tried their hands at the rag rug-making, itself, whilst others preferred to cut up the strips of material needed for making the blanket. We used lots of different colours and textures to make the blanket unique.



Once finished, the blanket will be a great addition to the new “Light and Sound” room. Many thanks to all those taking part.

Andre

Manor Hub News

1st March, Pancake Day: We celebrated Pancake Day, at the Hub, by making our own pancakes and taste-testing them with different toppings, such as lemon, sugar, chocolate and syrup. We then had fun racing with the pancakes and flipping them; some landing on the floor or tables and even, occasionally, back in the pan!

31st March, “The Hub’s Got Talent”: The Hub Team decided it would be fun to hold a “Hub’s Got Talent” event and lots of Members got involved, making posters, banners, flags and happy/sad faces. Applications came in quickly to take part in various ways; singing, dancing, signing, talking about hobbies, jigsaws and many more. Great fun was had by all on the day and our judges, Lynn and Sophie, had a very difficult job deciding as the talents were so good and so varied. Medals, prizes and trophies were handed out and everyone was keen to have a repeat event soon.



With the easing of Covid restrictions over the last few months, the Hub has welcomed new and old friends back. Everyone is pleased to be meeting up again and it's great to see them happy and having a great time together.



The Hub has held an Easter bonnet competition and a tombola, with lots of lovely donations for prizes. Thanks to everyone for their support.

We also tried a bit of resuscitation practise, but, unfortunately, the dummy was too far gone!

The Hub is looking forward to the Spring months, as we start our garden project to redevelop the outdoor space, funded and supported by Middlesbrough Environment City.

Manor Hub Team



Chatterbox

Look Who's Hiding Now

Malvina has been showing off her wonderful artistic designs yet again in one of her newest projects. Malvina and some friends selected pictures of leaves and coloured them all in, then turned them into a tree. But that was not the end of it; Malvina hid animals and two mystery guests amongst the leaves. Can you see who they are? If not, take a look at the full-size version some-time. Well done, Malvina, brilliant design.



Memories

Malvina has been looking through her photo albums and found some pictures of her family from years gone by that she wanted to share with everybody at TASC.



Malvina's comments to go with these pictures; "There are friends and family, and friends who become family". Also, "Stay close to people who feel like sunshine".

Shirley & Malvina

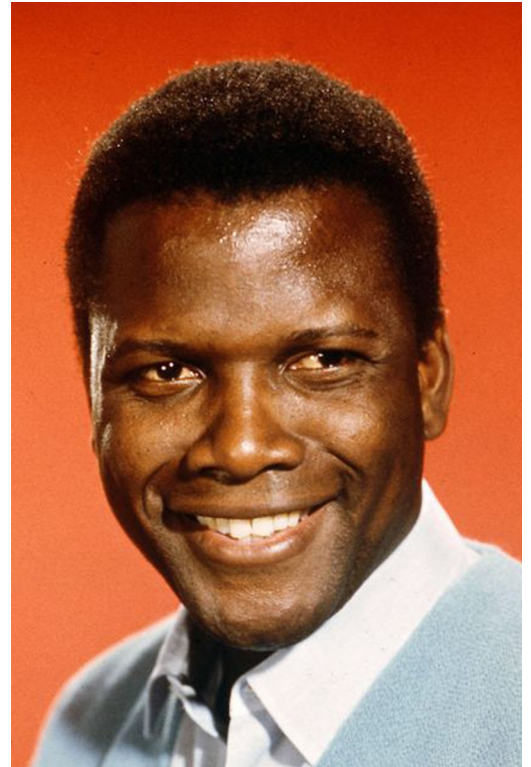


Sidney Poitier

In January, a man, aged 94, died. He had been out of the limelight for many years, so his passing could easily have been overlooked. Instead it was accompanied by many tributes from all sections of society and his contribution was celebrated at the Academy Awards. That man was Sidney Poitier.

Despite unpromising early years, which included a period of delinquency, Sidney became a film and cultural icon, who exuded style and charisma. His art, particularly in the 60s, touched millions of lives across generations and his work helped break down the structures of exclusion in Hollywood. He was rightfully celebrated in his life and at his death for having achieved many racial firsts — America's first Black movie star, matinee idol and Oscar winner for Best Actor (*Lilies of the Fields*, 1963), but he also contributed much to social transformations taking place far beyond the movie screen.

He chose his movie roles with the care of the young Black doctor he portrayed in his first major film role in "No Way Out" in 1950 and in subsequent films. Most notable was the 1967 race relations drama "In the Heat of the Night", in which his Philadelphia detective transplanted to Mississippi slaps a White racist in the face after being struck first. In the same year, he also starred in two more of his biggest films; "Guess Who's Coming to Dinner" and "To Sir With Love".





Unlike his good friend Harry Belafonte — the two met as struggling young actors in New York City's Black theatre scene just after the Second World War — Poitier was not a radical. His was a largely pragmatic approach to the civil rights movement and, together with another famous friend, Dr. Martin Luther King Jr., he was, at times, criticised by Black Power radicals as being too "safe". However, he remained a social justice activist, one who felt both empowered and stifled by the overwhelming responsibility of representing Black people all over the world through his performances on film. His contribution was remembered long after his major film-making days were over.

In his acceptance speech for the Oscar for best actor in 2002, Denzel Washington pointedly thanked Poitier, who was sitting in the balcony having earlier accepted a second, honorary Academy Award. In a statement following Sidney's death, Washington said "It was a privilege to call Sidney Poitier my friend. He was a gentle man and opened up doors for all of us that had been closed for many years."

At the 2022 Academy Awards, Tyler Perry honoured Sidney Poitier, with this tribute: "Sidney Poitier was for far too long the only Black man to win an Oscar for Best Actor. When he stood on that stage, he did more than shatter a barrier, he stood there for all that came before him and sparked the dreams of all who followed. To quote Mr. Poitier himself, he said "As the cats say in my area, I'm out here waiting for us all".

"I would not be here today without Sidney, all of us are so blessed and honoured to have been inspired by him", Perry said at the end of his homage. "To you Sir, with all of our love."

Theresa & Heather

Working with Sharon

Some of the Members have been working with Sharon, making “pop-up” cats. They looked up “Easy Paper Cat Craft” on Google and found a cute, crafty section, with a suitable design.

I made a stand up cat, using green card. I gave it a gold nose, big eyes and drew on paws, a smile and some black whiskers, with black pen. I enjoyed working with Sharon; she helped me to concentrate and pay attention to all the details of the craft.

Shirley



My First Birthday Without Mum

I was a little nervous, because I have never been without my mum on my birthday. She always came into my bedroom with my cards and gave me a great big kiss and said HAPPY BIRTHDAY, Babe! This time my brother, Christopher, did the honours and did his best to make me feel as special as mum did.



On the afternoon, Chris saw a post-van outside the door; it had a box for me, it was a birthday balloon from Fred. I was over the moon, because I could let it go in the sky for my Mum and Dad and Robert my other brother.

Christopher then went for a smoke outside; he could not believe his eyes at what he saw. He ran and got me and said “look at that”. There was a big poppy growing and it was outside my mum’s bedroom; nothing had grown there before. I know it was my mum and dad, saying “Happy Birthday” and that made my Birthday complete. I keep a petal from it in my bag.



Karen

Me and my Etch-a-Sketch

It was in lockdown that Christopher noticed I was getting fed up and sad over Mum because my Mum is/was my life! Christopher thought to himself, I know what I can get Karen; an Etch-a-Sketch - she used to love it when she was young.

When he told me, I thought to myself, what if I can't do it anymore? But he decided to go ahead anyway and asked my cousin to look on the computer for one for me.



When I got it, Christopher was crying because I had written Mum and Dad on it while he was making a cup of tea; just like that film "My Left Foot", except I used my elbow! The person in that had Cerebral Palsy and he was very close to his Mum and Dad like me. There was a story in the paper once about both of us. If my Mum, Dad and our Robert were still here, I'd have had them crying too.

I do my Etch-a-Sketch when I'm in my armchair; Christopher puts a blanket on me to make the Etch-a-Sketch higher up for me and rolls my sleeve up, so I can use my right arm, just like when I was younger. Compared with tablets and such, Etch-a-Sketch may seem outdated, but, thanks to Christopher, I've proved it can still be great fun and much more than a toy.

Karen

Croatian Culture

Many of you will know that my father was Croatian; he came from Cavtat, which is the most southerly Croatian resort, located around 20 km south of Dubrovnik. I thought you might like to know a little more about the country.



Croatia is quite small, only a quarter the size of the United Kingdom, with a population of only 4 million. Its curious shape gives it long borders with adjacent countries and an extensive and beautiful coast. Because of this, it has a diverse population, with distinct regional variations. Croats value their independence and, although they have similarities to Serbians, the two countries have separate histories, religions, influences and desires. Their language is as different as American and proper English.



If you visit Croatia, the first thing you'll notice is red and white checks everywhere, particularly sports shirts, flags and supporters' faces. This is called the *šahovnica* (chessboard). Croats are very fond of their football, so naturally the chessboard is on their national team's home strip. Despite their fondness for red and white check, Croats are actually very style conscious, possibly because they are fairly close to Italy, so you'll see lots of fashionable people about.



Family is very important to Croats and, often, children don't leave the family home until they marry. Croats can sometimes seem quite blunt when talking, but, like Yorkshire people, they're not rude; they just don't do small talk. What they do like doing is eating; they're proud of their food and its variety, with influences from Central Europe and the Mediterranean. Don't plan on losing weight with all the good food on offer.

For such a small country, Croatia has a lot to offer, so, if ever you get the chance to visit, grab it; you'll love it.

Andre





Animal Fun Page



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

Find the hidden words

RABBIT COW RAT
 DONKEY FISH SHEEP
 GEESE GOAT SNAKE
 HAMSTER HORSE TURTLE
 MICE MULE PONY
 PIGEON

Animal Quackers

What do cats eat for breakfast?



What do you call a chicken at the North Pole?



What do you call a dog magician?



What happens to a frog's car when it breaks down?



What kind of ties do pigs wear?

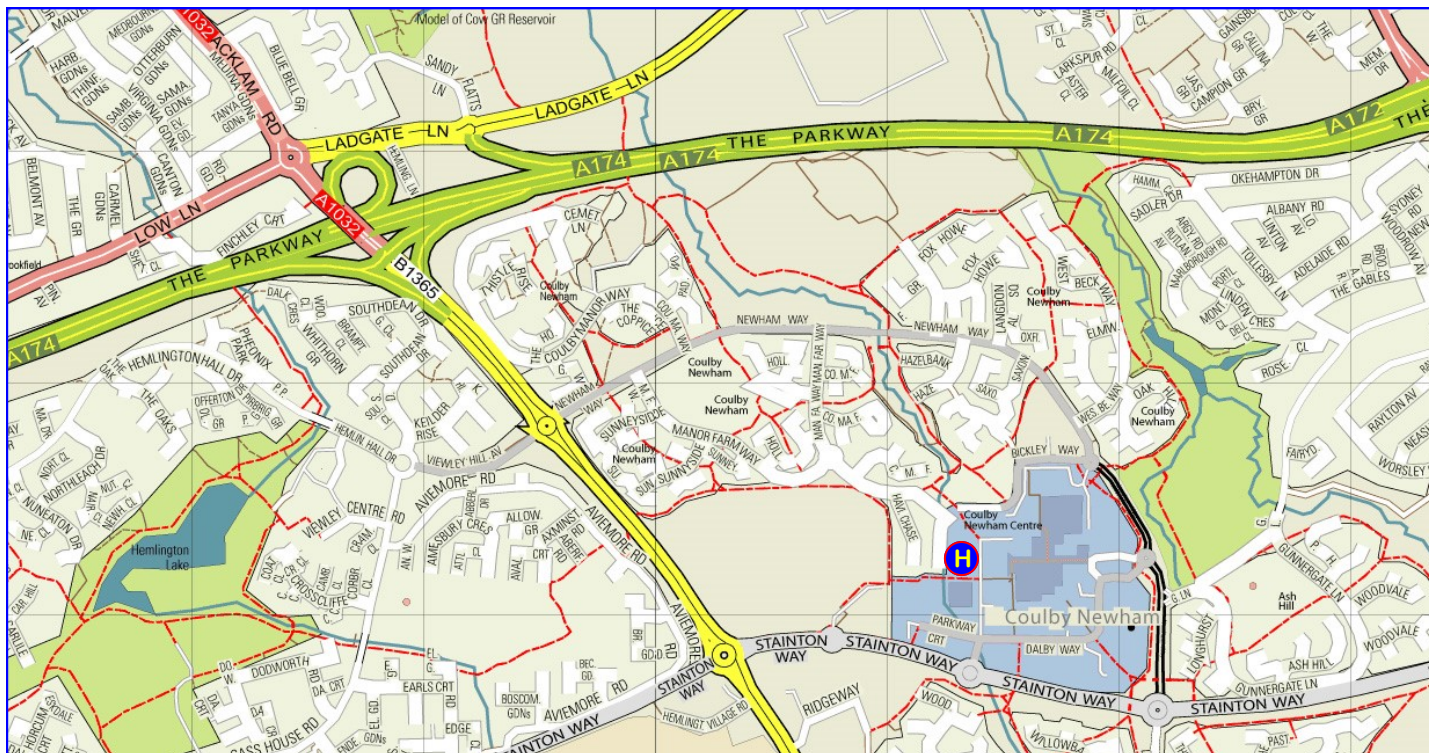


ANSWERS
 Mice Crispies
 LOST!
 Labradador!
 It gets TOAD away!
 Pig Sties

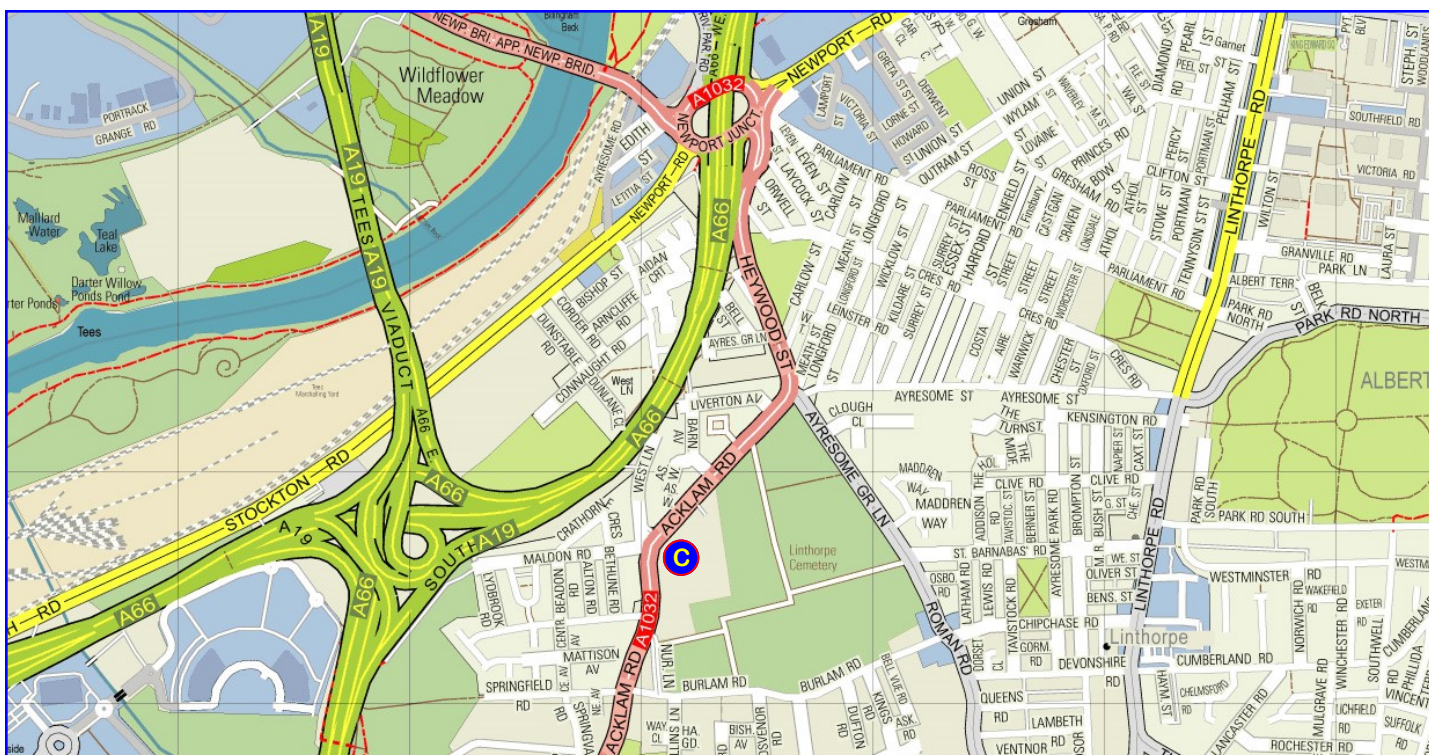
Spring Competition

Sorry, there was no winner last time; unfortunately, the Covid pandemic and TASC's temporary closure prevented any entries being submitted. Hopefully, we'll be more successful 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



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