

## Meet Coco and Charlotte

We gave a warm welcome to Coco and her owner Charlotte when they visited St. George's centre on 13<sup>th</sup> December. Coco is our new PAT dog taking over from Nash who retired in the autumn. Coco is a Cockapoo and she is a very lively and friendly dog. She is 6 years old and has been a PAT dog for nearly a year. Coco loves going on muddy walks and adores her cuddly toys which she carries in her mouth. Her favourite toy is a hedgehog.

If you would like to meet Coco and Charlotte, they visit us on Fridays once every 6 weeks or so. Ask Paula for the date of their next visit .



## Look out for our 10 year Souvenir Edition



Did you know that the Harrogate Skills 4 Living charity will be 10 years old in April? We changed our name from The Junction to HS4LC in April 2010 and became a registered charity.

We are planning some exciting events to celebrate this special birthday and Believe and Achieve will be publishing a special Souvenir edition of the newsletter.



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**BELIEVE AND ACHIEVE**  
First Edition of 2020

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## Happy winter, everyone!



This edition looks back at Christmas at HS4LC. We have two original winter-themed poems written and illustrated by our very own learners as well as photos of things we did at the St George's Centre. But first...

## Christmas Card Colouring Competition: The Winners!



Congratulations to the two winners of the HS4LC Christmas card colouring competition. First prize goes to Mandy Varley and second prize to Pippa Holland. Both won a set of felt tip pens and a colouring book.



Well done to everyone who took part in the competition. We had some great entries and choosing the winners was really hard. Thanks also to tutor Helen who designed the lovely tree. Look out for Mandy's colourful orange tree next Christmas as it will be HS4LC's Christmas card.

Well done again Mandy!



Mandy's Card



Pippa's Card

## Drama club nativity

Learners were treated to a filmed performance by the Thursday Dance and Drama class in the week before Christmas. But there were no wise men or shepherds in this modern take on the nativity story! Mary and Joseph (Sharon and Allan) were visited by Mother Teresa (Sheila), Cliff Richard (Alan), Freddie Mercury (Rob) and Dionne Warwick (Alex). Chrissie was a 'fallen angel!' Special thanks go to tutor Chris Holmes who wrote the script. Well done everyone, it was great fun.



## Mum's the word

We said a temporary "goodbye" to two staff in January who are taking time off to have babies. Day Centre Tutor Jade Lynskey's first baby is due in early February and Sinead Scanlon, the Supported Employment leader is expecting her second baby at the end of February. Watch this space for photos of the two little boys. In the meantime we wish both families good luck and happiness for the future.



Jade



Sinead

## Cracking Christmas Fun at Mornington Terrace

We enjoyed lots of fun Christmas activities at the St. George's centre at Mornington Terrace in December 2019. We watched Christmas movies, played games, made Christmas cards and decorations and cooked Christmas-themed meals, cake and chocolate.

Here are photos of just a few of the things we got up to.



Shepherd's pie with pigs-in-blankets



'Gingerbread' and 'Snow-Capped' chocolate bars



Christmas card colouring competition



'Santa Drive'; a seasonal-themed beetle drive

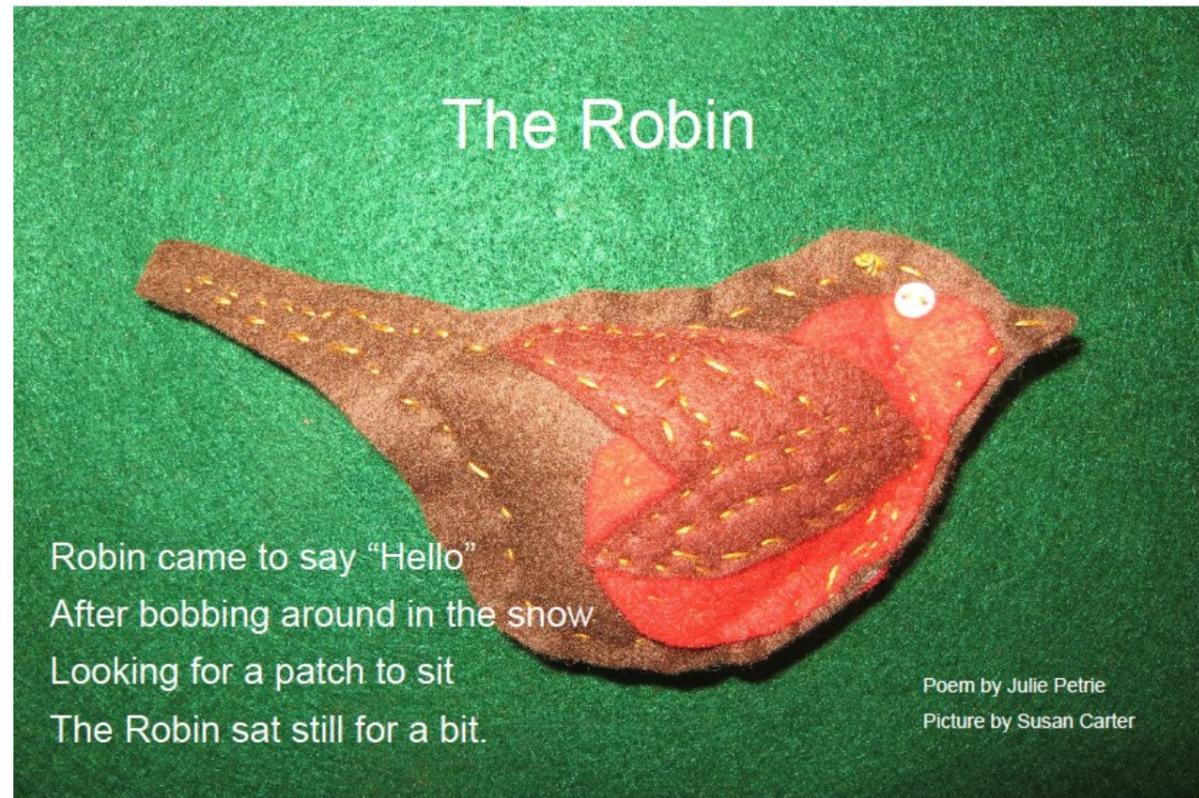


Christmas-themed 'Claymation' animation



A trip to see 'Cats' or 'Star Wars' at the cinema

## Poetry Page, created by our learners



## David Randall

We are sad to announce that David Randall has died at the age of 59 after a short illness. David attended the Dance and Drama class on Thursdays. The photo (right) is of David in costume for one of their recent productions.



Sharon, who is in the Dance and Drama class remembers David as being polite and friendly. Ian, who helps tutor Chris Holmes in the class agrees, saying he was always happy to chat to his colleagues. He will be missed by everyone.

The first two lines in a poem read at his funeral are worth repeating here to remember David. "I appear to be different, but my feelings are the same. I laugh and sometimes cry and take pride in my gains".

## Get your voice heard with KeyRing

Karen Murray from KeyRing self-advocacy service is making her next visit to HS4LC at 10.30am on Tuesday 25<sup>th</sup> February. Learners at her sessions have enjoyed playing games which also got them thinking about their right to make choices. Karen has also asked some tough questions like "what would you do if a stranger asked you for money?" and "what if a friend was bullying you?"



Karen (centre) asks "What would YOU do?"

## The Snowman



Ben Haywood-Noble, Harrogate Hospital's Learning Disabilities Nurse is coming with Karen in February. You may meet Ben if you needed to go to hospital and he is coming to talk about what he does there.

Karen's sessions are free and you are welcome to come even if you don't have a class on Tuesdays. Why not drop in and learn how to get your voice heard?

HS4LC CHRISTMAS PARTY  
MANHATTAN CLUB  
14th DECEMBER 2019

