



News

Annual Newsletter 2021

Welcome Back !!!

In June 2021 we finally opened our club doors to our regular monthly social evenings. We were all so elated to finally greet each other face to face and spend quality time conversing and laughing...just like the good old days! To stay safe and to adhere with the current government guidelines, we spent our time outside in the garden area where we enjoyed some art and craft and some fun outdoor games in the lovely sunshine. Thankfully, we have since continued with our monthly gatherings where we have enjoyed an array of activities such as making Father's Day coasters, painting and embellishing decorative trinket boxes, candle making, Halloween art and recently we have been busy making Christmas crafts!

Pinner Rotary Club

A heartfelt thank you to the **Pinner Rotary Club** for their kind donation of £1250, for HAD's children's services. The funds were raised through their Santa Sleigh 2020 Christmas procession which took place through the streets of Pinner. Many thanks to the Pinner Rotarians for bringing some joy to what was a gloomy year. It was wonderful to see everyone getting into the festive spirit, especially seeing the big smiles from the children as they watched Santa driving past! The Rotary club presented the donation to HAD at a special zoom meeting where Archie had the opportunity to deliver a presentation about HAD's services.

Here's a message from board member Malcolm Mitchell:
"It was good to see you yesterday at our meeting and thank you for a terrific presentation. It was a great showcase for the fabulous work that you and the volunteers undertake. It made us feel even more satisfied that the sleigh donations are going to be used in such a worthwhile cause"



fun and friendship
for children and young adults with
learning disabilities



Virtual Cooking Club

Rizwana's virtual cooking club has been going from strength to strength and we are so pleased to see how far our young chefs have come as they confidently follow the recipes and prepare and cook meals for their families. With help from the easy read recipe sheets, the young people have had the opportunity to make some delicious meals such as lentil soup and focaccia bread, cauliflower cheese bake, Thai green curry, carrot and feta burgers and savoury muffins! Truly yummy and healthy!!!

Cooking together has certainly strengthened the bond amongst the young people as they support each other during the sessions and complement each other's efforts. Although our members have missed cooking together as a group using the commercial kitchen at the Red Brick Café, the online sessions have given them the opportunity to use their own kitchens and their own equipment, enabling them to apply these essential skills in their day to day lives. It has also been lovely to see the young people confidently make suggestions about what to cook each week.

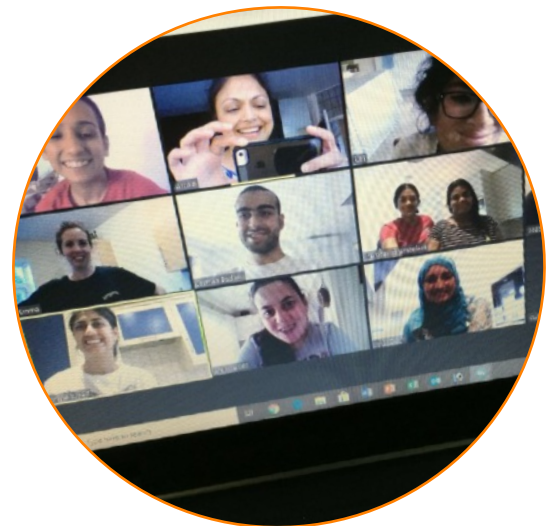


Melissa's curry and rice !

Zoom Social Evenings

Archie's weekly virtual social evenings have continued to prove really popular as they help our young people to stay connected especially during the lockdown period. The sessions are educational with a fun element and have covered an array of themes and topical subjects such as ocean pollution, space exploration and religious festivals such as Easter, Ramadan and Diwali. Our members have also had a go at learning some drawing techniques!

These virtual social evenings have provided a great platform for the young people to be more vocal and talk more freely about personal experiences. They love to share stories, discuss family events as well discuss current issues. During one session Archie invited the young people to a 'show and tell' session to talk about something important to them or about a special object. It was wonderful to see how much thought they put into it and how much pride they had in talking about things close to their heart!



Melissa and Michael's drawings



Exploring London !

Since this summer our members have had the opportunity to enjoy some memorable trips! Rizwana organised some fun-filled outings which included a visit to **Bentley Priory Nature Reserve** to feed the deers, a day out to sunny **Ruislip Lido** for a lovely picnic, ice-cream and a train ride, fun and games at **Watford Bowling Alley** and a cinema trip to **Harrow Vue** to watch Disney's Jungle Cruise.

The young people also enjoyed some outings a bit further afield to the lovely **Chiswick House** where they enjoyed spending time in the beautiful landscape gardens. They also adventured to the famous **Greenwich Park** where they admired the amazing views of the city and enjoyed spotting all the famous London Landmarks!



Thank You VOLUNTEERS !



A special thanks to our young volunteers who selflessly give up their time to come along to these events and support our members.



The outings are also a great way for the young people to learn how to travel safely and confidently as well as how to make good choices and how to budget and pay for things.



New Friendship Group

During the course of the year, Archie has been recruiting and working with some new members, predominately of primary and high school age. A number of social outings were organised which included an interactive storytelling art and craft workshop, lunches at some local restaurants, a trip to the theatre and a pony riding session!

We have since received lots of positive feedback from the parents and it's wonderful to see this new circle of friendship developing and the confidence it gives them to engage in group social activities. These gatherings have also facilitated newfound friendships between the parents and as this develops we hope they will be able to enjoy further activities together outside of the group.

Ruislip Park Stables



"Thanks again for arranging the SEN storytelling and pony riding activities - they have been our highlight of the summer break"



The Amazing Bubbleman Show !

"Thank u so much for organising the theatre trip . We absolutely loved it !





"Just wanted to say 'thank you' for giving us such a warm welcome to the social event yesterday. We both had a lovely time and everyone was so kind."



SEN Storytelling workshop at HAC



West Lodge Parent Partnership Board

In July 2021, **West Lodge Primary School** in Pinner invited Archie to their SEN Parent Partnership board meeting where she had the opportunity to deliver a presentation to all the year group parent reps to talk about our children's services. The presentation provided some very good examples of how improved social skills and interaction can combat loneliness and isolation and how through our activities we can also support the parents/carers to engage their children into the wider community.

The meeting was well received, and the school promoted our services in their weekly bulletin. Since this meeting Archie has recruited some new members to the group and the children look forward to getting to know each other better.

"A million thanks for organising yet another brilliant outing, We had a great time and it was lovely to see the others too."



Introducing Buzz Base !

We are super excited to announce HAD's new social club **Buzz Base!** This new club is exclusively aimed at adults with SEN between the ages of 18-30 and is funded by **The John Lyon Trust**. Rizwana successfully launched the project in September 2021 and to date the members have had the opportunity to spend quality time with each other doing all the things they love: bowling, cinema trips, dining out etc.

The group also meet up once a month for a social evening at St Andrew's church hall where they enjoy catching up with each other as well as participate in relaxing art and craft activities.



JOHN LYON'S CHARITY

Sober Hero Jayman !

Sober October is a fundraising campaign to encourage people to go booze-free during the month of October to raise money for charity. This campaign's primary goal is raising money, but the movement also emphasises the importance of checking in with yourself about your relationship with alcohol. **Buzz Base member Jayman** decided to take up this challenge to prove to himself that he can do it and to also raise money for HAD which provides lots of support to him and his friends. This has been a huge milestone in his ongoing personal development and we are so proud of his determination.

"My challenge is that I will not drink alcohol for a whole month. I am doing this to help create new habits that are healthy. I've chosen to raise money for HAD because they have taught me lots of new skills and introduced me to new friends that I like to be around" Jayman has done exceptionally well and has managed to reach his £3000 target!!! Well done Jayman, we are extremely proud of you !!!



If you would like to be a member of our clubs please contact Rizwana or Archie on:

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