

WINTER NEWSLETTER

March 2024

Issue number 4



MEET, GREET, EAT WITH SANTA

On the 2nd of December we had Santa join us for a very special day to come and meet with him. During the day we had three stations for everyone, the first was to come and have a breakfast sandwich with Santa. Once all the tummies were filled it was time to do some arts and crafts. Everyone got stuck into making Christmas baubles, hand made Rudolphins, snowmen as well as making Christmas decorations and colouring in.



Then the main event everyone getting to meet Santa Clause himself. Santa's grotto was set up. The snowman was waiting to lead everyone down through the main room, down though the café, out the door and then straight to the grotto itself to be great with open arms by Santa.

Santa then wanted to hear all about what everyone wanted for Christmas and if they have been good all year round. After speaking to everyone Santa then wanted to get a few photos with everyone just so he did not forget this day in a hurry. Santa then surprised everyone with a little present to say thank you for coming to see him that day.

I think it is fair to say everyone loved the day and we hope Santa can stop by again next year.





WREATH MAKING

On the 9th December we had our wreath making session for the second year in a row.

We had the amazing Josie come in again and help with anyone who wanted to come along and attend. We had people come from all parts of the local area and all different businesses.

On the 11th December Josie came back down for another wreath making session. This time it was with the participants on our Kellett project. Looking at these photos everyone did a fantastic job of making their Christmas wreaths and they will all look fantastic on hanging on the doors.

PARTIES

With all the hard work that has happened this year in the Kellett project it was time to celebrate our achievements and have a little Christmas fun.

Everyone who attends the Kellett project was welcomed over to the church to come and have a party. We started by having a game of bingo with some great Christmas prizes. This was then followed by some Christmas crafts and then Christmas buffet to finish off a nice celebration.



On the 14th December it was time for the Christmas disco at The King Street Club in North Shields.

On the 14th February we had our valentines disco at The King Street Club.

Everyone who attended had a great time and really got into the dancing spirit. It was brilliant to see everyone on the dance floor having a good boogie and showing off their moves.

Our next disco is our Spring disco on the 22nd May at The King Street Club.

MEET NEW MEMBERS OF THE OUTREACH TEAM

Andrew



I used to work for the civil service and was looking for a change of career. Its been really great getting to know everyone, the staff have been so welcoming and the clients are a colourful bunch. Coming to work for LD:NorthEast has been a big change for me but a very worthwhile one. I am looking forward to getting more involved with the charity.

Tanya

After many years being in hairdressing I was looking for a new challenge. Having seen the advert on social media for outreach work I thought this would be great career. I have loved every minute so far of my new career and I have found my happy place within LD:NorthEast.



Chianna



Having graduated from university I applied to be an outreach worker as I was looking for a rewarding career and have really enjoyed the job so far, every day is different and I have met lots of lovely new people.

Rachel

Since starting at LD:NorthEast I have met some lovely people. It is a massive change from what I was doing in my previous employment. However, it is a change that I am extremely pleased I made because I love helping others and being in the local community, helping LD:NorthEast clients.



MEET NEW MEMBERS OF THE OUTREACH TEAM



Chris

I have recently started working for LD:NorthEast. I have been welcomed with open arms by all the staff and clients. Everyone is here for the right reasons to offer a great level of person centred support to those who truly need it. Moving forward, I hope to do a grand job for our clients.

OUTREACH TEAM BABY BOOM

Meet the new additions to our outreach team. It has been an exciting year, welcoming these five little beauties.



**Holly with
Baby Stan**



**Lindsey
with Baby
Jacob**

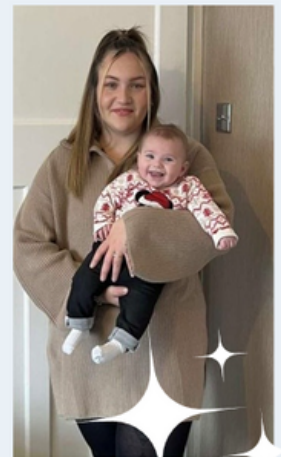
Baby Boom



**Jade with
Baby
Saoirse**



**Charley
with Baby
Lennox**



**Jess with
Baby Albie**

HEALTHY CONNECTIONS



We have an inclusive basketball session running every Wednesday afternoon at the home of the Newcastle Eagles, The Vertu Motor Arena. The main takeaway from this session is to try a different sport and try to stay healthy.

The session is about learning new skills and different exercises for the different aspects of basketball. Every sessions always ends with a game on the same court as the players play their basketball games on.

Everyone who has attended so far has loved it and been back every week and if you are lucky you might even bump into some of the Newcastle Eagles players.

If you want to come along and get the same experience as the Newcastle Eagles please get in touch with Lindsey on 0191 2622 261



Starts 29/3/23
Every Wednesday



12:30 – 14:00



Vertu Motors Arena
Scotswood Rd
NE4 7AF



Free



Adapted basketball session for people with learning disabilities and autism.

A chance to make friends and have fun.



Live Life Your Way

**SPEAK TO LINDSEY
TO REGISTER YOUR INTEREST**

0191 2622261
lindsey.harle@ldne.org.uk



HEALTH WORKSHOPS

To celebrate Mind's 'Time to Talk' day we had our own Time to Talk workshop at LD:NorthEast!

We had a really interesting chat about why it's important to tell the people we trust how we are feeling, and we also thought about how we can listen to each other better. We even finished off with a couple of very competitive rounds of Bingo!

We also have had a gentleman from Active North Tyneside deliver a blood pressure awareness workshop.

The group spoke about blood pressure, how to keep an eye on it and how to check your own blood pressure. Active North Tyneside also talked about how to keep your heart healthy.

Our next workshop is on Thursday 18th April all about "Have you got the guts"

For more information call us on 0191 262 2261 or email us at ldne.health@nhs.net



LD NORTH EAST
Live Life Your Way



**Time to Talk at
LD:NorthEast**



NEXT PARTY NIGHT

Spring Disco night at the King Street Club, 22nd May.

We hope to see you all there, having a great time.

King Street Club North Shields

**7pm – 10pm, £4.00 entry
free for support workers**

***If you need support, please bring someone with you.**

Please note 16–18 year old's must be supported by an appropriate adult.



**Wednesday
22nd May
Spring Disco**

**Wednesday
30th October
Halloween Disco**



**Wednesday
18th December
Christmas Disco**

For more information contact us on
0191 2622261 or at info@ldne.org.uk
Registered Charity 1054535



Financial assessment and help with care costs



If you need care or support your social care worker will offer you a financial assessment



A financial assessment will work out if the council will pay some of your care costs



A financial assessment is done by a finance officer



The finance officer will contact you by phone or letter to make an appointment



mycare.northtyneside.gov.uk

EASY READ

We've had yet another busy year developing easy read resources for various organisations. Most recently supporting North Tyneside Council to adapt their Adult Social Care resources into Easy Read.

North Tyneside Council Adult Social Care were eager to make their resources fully accessible and inclusive. They asked us to make accessible versions of their Adult Social Care fact sheets.

These included topics such as Support Needs, Planning Support, Personal Budgets, Financial Assessments, to name just a few. These guides provide invaluable advice about support for those who need to navigate adult social services.

These are digitally accessible via North Tyneside Council's Website. Check them out on the link below.

<https://bit.ly/NTCEasyRead>

COOKING GROUPS

Our cooking groups are all about helping people to improve their skills and develop their understanding of maintaining a balanced diet.

The sessions are four hours each and give people the opportunity to cook hearty meals and learn how to cook them in a healthy way.

Our sessions are all about bringing people together while learning new skills.

If you or someone you know could be interested please get in touch with Lindsey. Call on 0191 262 2261 or email Lindsey.harle@ldne.org.uk



COOKING GROUPS

Our cooking groups help people to improve their cooking skills and develop their understanding of maintaining a balanced diet



Each 4-hour session gives people the opportunity to cook hearty healthy meals and learn how to cook them in a healthy way.

Our sessions bring people together while learning new skills.

Contact us for more information!

0191 262 2261

[ldne.org.uk](mailto:Lindsey.harle@ldne.org.uk)



VOLUNTEERING OPPORTUNITIES

We are currently looking for some new volunteers to help us here at LD:NorthEast.

We are looking to recruit a gardening volunteer to help:

- With the upkeep and protection of the garden to allow it to be used for all
- Tidying, weeding, pruning trees and plants
- Growing plants from seeds or cuttings
- Looking after and maintaining the garden equipment, greenhouse and decking
- Be the friendly face of the garden to answer questions anyone may have
- Have a voice in the development and future of the garden

Please spread the word about this opportunity and the benefits of volunteering for us such as:

- A great sense of self pride
- Opportunity to make a difference to people's lives
- Great experiences
- Gain new skills

For more information about this opportunities and an application form please get in touch with Daniel, see details below.

Tel: 0191 2622261

Email: Daniel.litster@ldne.org.uk





A WORD FROM DANIELLE



For those of you who don't know me, I am Danielle, the Development and Projects Manager here at LD:NorthEast. I am responsible for applying for grant funding, fundraising and I oversee some of our projects which are granted funded.

I want to say a huge thank you to every single person that supports our charity. 2023 was a huge year for us for fundraising. We had a hard task of crowd funding for Northern Notes and we were blown away by the support from our local community. Our Christmas fundraising events were also really well attended and we had lots of volunteers to help. Every little helps and goes along way to supporting us to do the great work we do.



UPCOMING FUNDRAISERS DAN AND LENNON'S GREGGS-ATHON



Dan and Lennon love a Gregg's lunch. So what better way to fundraise for us then to take on this challenge of walking to and eating in every store in a Gregg's marathon?

On 29th April in their sausage roll outfits, they will walk over 20 miles fueled by Gregg's food in an attempt to visit all the stores in our local area before closing time.

Their first stop will be the first original Gregg's in Gosforth opening at 6am. The final stop will be our closest store in Wallsend which closes at 5.30pm.

Will they make it? Follow their journey on social media to find out!

Donations can be made in cash at the office or at www.justgiving.com/campaign/greggsathon