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FREE NEWS LETTER • DEC 2010/JAN 2011



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SNOWMEN MADE BY THE KNITTING GROUP



THE KNITTING GROUP

James Grantham talks to Valerie Rowe, Janet Hymas, Brenda Warren, Anne Sweeny and Maureen Hart about knitting for Christmas and the Pakistan appeal

James: How long does it take to make the knitted things?

Brenda: "It takes about half a session for each one."

James: What are you making?

Maureen: "A snowman."

Valerie: "I'm making a champagne bottle to go on the Christmas tree!"

Janet: "I'm making a Christmas stocking."

Anne: "I'm making legs for another toy."

Brenda: "We're making these for Grace Eyre's Christmas Fayre but we'd like some money to go to Pakistan because they've no food, no water and are very poor."

THE KNITTING GROUP



GRACE EYRE EVENTS

Christmas Bazaar: arts & crafts, jewellery, tombola, raffle, cakes, Christmas cards. We would be grateful for donations of any unwanted gifts.

When? 10am-12pm, Wed 8th Dec

Where? ☒ Grace Eyre

Carol Concert: featuring the Sussex Philharmonic Chorus. There will be mulled wine and mince pies for sale.

When? 7.15-9pm, Tue 14th Dec

Where? ☒ Grace Eyre, 36 Montefiore Rd, Hove, BN3 6EP

📄 www.grace-eyre.org

BRIGHTON MARINA CHRISTMAS MARKET & SANTA'S GALLEON GROTTO

By Faye Cooper

A 1950s inspired Christmas market and grotto featuring a juke box, vinyl records and 1950s style decorations with lots of stalls selling handmade gifts, hampers, cakes, cards and decorations. You can visit Santa in the Galleon grotto for FREE!

When? Galleon grotto: 11am-4pm, Sat & Sun 4th-19th Dec and daily from Mon 20th-Thur 23rd Dec
Christmas market: 11am-4pm, Sat & Sun, 4th-19th Dec

Where? ☒ Waterfront, Brighton Marina Village, Brighton

☎ 01273 818504

📄 www.brightonmarina.co.uk



GALLEON GROTTTO

WHITEHAWK INN CHRISTMAS FAYRE

Home-made gifts, cakes and toys. Tickets are £1 a strip for a Grand raffle of 50 prizes including a Christmas hamper, electrical goods, theatre tickets, meals, cosmetics. Visit Santa at 1.30pm on Sat. All proceeds in aid of the Whitehawk Inn.

When? 9.30am-5pm, Fri 3rd & Sat 4th Dec

Where? ☒ Whitehawk Inn, Whitehawk Rd, Brighton, BN2 5NS

☎ 01273 682 222

📄 www.whinn.org.uk

WHAT IS SHARE?

Share! is a magazine for people with learning disabilities. It tells you what's going on and how to meet and make new friends. We're helping each other out and we hope you enjoy reading Share! If you have any stories, events or news you would like to include in the February/March issue of Share! please email them to us before January 7th 2011. If you would like a different version of Share! * please contact us by email: share@grace-eyre.org

* For copies of the magazine contact any of the partners.

FEEDBACK FROM PEOPLE WHO HAVE SEEN SHARE:

"Its the kind of magazine that anyone can pick up and find something of interest."

"Another good production - well done!"

"What a lovely magazine, vibrant and exciting, loved the articles."

"Just wanted to say how great the latest edition is and what a fab job you have all done!"

"It's really interesting!"

MEET THE SHARE EDITORIAL TEAM!



Faye Cooper: "I'm a sub editor for Share! I'm 22 years old and I enjoy socialising with friends, going

to the cinema and I'm a member of the Brighton Cougars basketball team."



James Grantham: "I'm a new sub editor for Share! I'm very pleased to join the team as I

already work as a reporter for the Grace Eyre Newsletter. I'm hoping to go to work as a volunteer gardener as I like to see the flowers grow."



Jon Schachter. "I'm enjoying my first year course in Portuguese. I also like my art class at City College and working part time at the Jubilee Library."



Steven Osborne: "I've been very busy since last issue... In October I went with mum and Tony

to Scarborough to visit my lovely sister and her fiancé Ian, for their engagement party and also birthday. Scarborough is a lovely town by the seaside, but it took a very long time to get there on the train!

I and two other tenants went to the CMG Service User Conference in Essex. It had food from all around the world and a CMG Got Talent Competition. It was a long day but good.

I went to the Blue Camel Club. There was a good rock band playing and a disco. My best mate James performed in a band. He was wicked! I'm going to my step dad Tony's house with mum for Christmas. I can't wait yessssssssssssss!"

SPIRAL ACTIVITIES DURING CHRISTMAS & NEW YEAR

List compiled by Jon Schachter

Snow White & The Seven Dwarfs

Date: Sun 5th Dec

✉ Connaught Theatre, Worthing

💻 www.worthingtheatres.co.uk

Cost: £22

Christmas Dance & Buffet

Date: 4-7.30pm, Sun 12th Dec

Where is it?

✉ Moulescomb Primary School

Cost: £10

Aladdin Panto

Date: Tues 14th Dec

✉ pavilion Theatre, Worthing

💻 www.worthingtheatres.co.uk

Cost: £22

Christmas karaoke & meal

Date: Sun 19th Dec

Cost: £15

New Year's Eve Party & Buffet

Date: 2-6pm, Fri 31st Dec

✉ Wellington House, Brighton

Cost: £15



CINDERELLA

Cinderella Panto

Date: 5pm, Wed 12th Jan

✉ Theatre Royal, Brighton

☎ 01903 206 206

💻 www.ambasadortickets.com

Cost: £25

Holiday On Ice

Date: Sun 16th Jan

✉ Brighton Centre, Brighton

💻 www.brightoncentre.co.uk

Cost: £30

☎ To book any of these events and to book transport (£5 for dances) call 01273 295 180 and ask for Chris

SUSAN AND HER CHRISTMAS CARD



MAKING A CHRISTMAS CARD

James Grantham asks Susan Street how she made her Christmas card for Grace Eyre

James: How long did it take to paint the picture?

Susan: "It took a week or so. I drew it

out myself and then coloured it in. I copied it from a picture on another Christmas card. I used the same colours. I chose it as it's like a tent and I like the colours. I practised the stars before I did it on the real one. I like my picture being a card for Christmas so I can show it to other people."

Margaret: "She's done it very nicely."



PAVILION IN SNOW
BY KEITH PURCELL



PROMENADE
BY SUSAN STREET



TREE FAIRY
BY EDNA KNIGHT

CHRISTMAS CARDS NOW ON SALE!

Grace Eyre Christmas cards are now on sale. The cards have been designed by people who use Grace Eyre services and all the money raised from the sale of the cards will go towards supporting people with learning disabilities.

Where can I buy them?

✉ The cards are available to buy from the reception at Grace Eyre, 36 Montefiore Road, Hove or from the website

💻 www.grace-eyre.org

Cost? £1.80 for a pack of five cards, £3.50 for two packs and a special offer of four packs for £5!



WINTER AT THE BEACH BY THERESA WOODS

IDEAS FOR DECORATIONS

From Darrolle the Loud & Clear group at Speakout

Angel or star at the top of the tree, fairy lights, tinsel, baubles, chocolate, crackers, Merry Christmas or Ho! Ho! Ho! banner. Places to buy: Asda (also sell Christmas trees); Tesco in Hove, Sainsburys; the Pound Shops.



MINCE PIES RECIPE

What you will need:

- Flour for dusting
- 375g ready-made shortcrust pastry
- 411g jar sweet mincemeat
- 2tbsp icing sugar for dusting
- A 12 cup bun tin (greased)
- 7.5cm round pastry cutter
- 6cm star-shaped cutter

Preheat the oven to 190C/170C Fan/Gas 5. Lightly dust your work surface and rolling pin with flour. Roll out the pastry till it's as thick as a £1 coin. Cut out 12 x 7.5cm rounds. Put a pastry round in each hole of the bun tin, gently pressing it in.

Cut out 12 x 6cm stars from the rest of the pastry to make lids for the pies. When the pastry is all used up, bring the left over bits together with your hands and roll out again to continue.

Put a tablespoon of the mincemeat into each pastry case and level it with the back of the spoon.

Dip your fingers in water and dampen the edges of the pastry. Put a star on top of each pie, pressing the edges lightly together.

Bake for 25 minutes. Remove and leave the pies to cool in the tins for 15 minutes, then lift them out and leave them to cool completely on a wire rack.

Dust with icing sugar just before serving.

BLUE CAMEL CLUB AT THE CORN EXCHANGE IN BRIGHTON



THE BLUE CAMEL CLUB

By three members of the Blue Camel Club steering group:
Kate Hadley, Sharon Brown and Chris Cornish

The Blue Camel Club has moved to the Corn Exchange in Brighton. It's a night club and a great place to meet friends.

We work at the Blue Camel Club, a Carousel project. It's a nightclub for people with a learning disability. We've just moved to the Corn Exchange in Brighton. People can come and meet their friends and you can stay out late.

We take pictures of everyone dancing. There's a big stage for bands to play and there's DJs and music. There's a bar where people can sit and chat. It's a great night out.

When? Four times a year
Next one: 7-10pm, 13th Dec 2010, then 28th Mar 2011, 20th Jun 2011, 26th Sep 2011, 12th Dec 2011

Where? ☒ The Corn Exchange, Church Street, Brighton

Cost? Tickets £4 (carers free)

☎ Sarah Hamlett,
Event Co-ordinator, Carousel
01273 234734
💻 sarah.hamlett@carousel.org.uk

Is it accessible and friendly?

Yes

Feedback? Feedback is very positive and over 400 people attend each club



ZOMBIE CRASH @ BLUE CAMEL

PORTA VENTURA



SUNNY SPAIN

Faye Cooper went on holiday to Salou in Spain

I went on holiday to Salou, Spain with the spiral group. We stayed in a lovely hotel with an outdoor and indoor pool. We went to a big theme park; my favourite ride was the train. We also visited the beach and the weather was hot. We had some



bad rain but it was still hot. I like the spiral holidays because I get to spend time with my close friends. I really enjoyed the holiday and can't wait to go again next year.

💻 www.portaventura.co.uk

💻 www.spain.info



SHUT UP & LISTEN! RADIO SHOW

The Shut Up And Listen! Radio Show is broadcast at 8pm on the last Thursday of every month, with repeats every week. You can hear the show on 97.2fm in Brighton, or listen online at www.radioreverb.com Or download a podcast at:
💻 www.shutupandlisten.org.uk

SEAGULL SPECIALS FOOTBALL CLUB

Steven Osborne enjoys being part of a team

The Seagull Specials have lots of teams all over Sussex for children and adults with disabilities. The team I play with meets on Saturdays at Portslade Sports Centre, 11am-12.30pm.

It keeps you fit. If you play often enough you could get picked to play in the league.

The Seagulls organise matches, tournaments and holiday courses. The staff are very friendly.

When? Various times depending on which team you join

Where? ✉ Portslade Sports Centre, Portslade Community College, Chalky Road, BN41 2WS and various other places around Sussex

☎ Teresa 07919 051 848 or Nikki 07803 902 044

💻 www.seagulls-specials.org.uk

Cost? £3/£5 a session.

Is it accessible and friendly? Yes, they cater to all levels of disability. They have a wheelchair player team

SEAGULL SPECIALS



BECKY WITH HER SWIMMING MEDALS

MID SUSSEX MARLINS DISABILITY GALA

By Jon Schachter

Becky has been training a long time for the Gala. She has won a silver medal in the 25 metres front stroke, a bronze medal in the 25 metres breast stroke and a silver medal in the 50 metres free style. Becky finds the breast stroke makes her go quicker so she does it in the free style event.

Becky was taught swimming when she was a little girl. She has been in lots of competitions in Redding, Leicester National Games and the Dolphin School.

Becky says; "I think that it doesn't matter if you win a medal, it's the taking part that counts."



Anyone interested in joining the Brighton & Hove Special Olympics Swimming Team should contact Heather Ellis on

☎ 01273 201 912 or 💻 heather.ellis@brightonspecialolympics.org

✉ Training is at Prince Regent swimming pool on Wed mornings

💻 www.specialolympicsbrighton.org.uk

For copies of the magazine contact any of the partners. The sub editors are highly committed to the project and an LDDF grant has enabled them to receive a wage for the hours they give to the project. Any reporters who get an article published will also receive a payment for their work.



BOCCIA

James Grantham talks to Margaret about a Special Olympics sport called bocchia

James: How do you play bocchia?

Margaret: "Two men and two ladies, one from each team throws the white ball. Each team has one colour, either red or blue balls. The man writes the scores down"

James: How many games have you won?

Margaret: "Lots of games. Ann, me and Susan throw balls and play against other people."

James: Who was the winner?

Margaret: "I was the winner!"

Other people said: "I liked it and I'd like to play again."

"There are lots of people there who like to play who have learning disabilities."

When? 11am-2pm, Tues

Where? ✉ Patching Lodge, Park Street, Brighton, BN2 0AQ

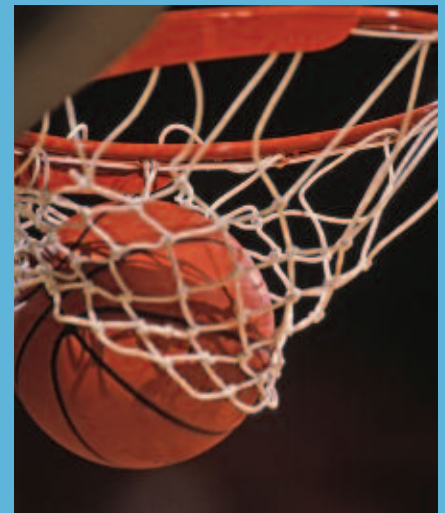
☎ Justin: 07887 600 912

Cost? Free

Is it accessible and friendly?

Yes, easy access and two toilets.

☎ For more info about Brighton & Hove Special Olympics Team call 01273 201912 or go to www.specialolympicsbrighton.org.uk



BRIGHTON COUGARS BASKETBALL CLUB

By Steven Osborne

The Brighton Cougars is a basketball club run by Spiral and is a good place to get fit.

You get basketball league experience and meet new friends. It is good to work together in a team.

Remember to always bring a drink with you because there are no refreshments there. You can play in different teams depending on your ability.

There is also a women's team that meet after the mixed team.

When? 7.30pm, Wed

Where? ✉ Dorothy Stringer High School, Loder Road, Brighton, BN1 6PZ

☎ Cougars Club Secretary, Anne Baverstock:

01273 551 884 /07809 105 300
 ☎ brightoncougars.intheteam.com

Cost? £3/£5 a session

Is it accessible and friendly?
 Yes

You can arrange for Spiral to pick you up but can take a long time to get there

☎ Spiral transport:
 01273 295 180 /07922 098 062

PLAYING BOCCIA PIC BY ALAN BROWN



ROYAL PAVILION ICE RINK

The Royal Pavilion's outdoor ice rink is open from now until 16th January. The 700 square metre rink can accommodate 200 skaters each session and has a fully licensed rink-side restaurant. Skating continues whatever the weather, so dress

warmly! You should arrive 20 minutes before your session to allow time to get your skates on.

When? Ice Rink: 10am-10.15pm
 Cafe: 9am-midnight every day except Christmas Day

Where? ✉ Royal Pavilion, 4/5 Pavilion Buildings, Brighton
 ☎ www.royalpavilionicerink.co.uk

Cost? 1 hour session: £11 peak, £9.50 off-peak, free to spectate
 Box Office: 9am-9.45pm every day except Christmas Day
 You can buy tickets online from
 ☎ Ticketmaster.co.uk

☎ 0844 847 2352

Is it accessible?

Yes. There is a disabled toilet

PAVILION ICE SKATING RINK

