

Meet the *Friends* Team



Look out for edition 2 – You could be in it! Welcome to the first copy of OHT *Friends*.

This magazine is just for you. The stories are written by you. We hope you like it. This is a picture of our magazine team. The magazine team decide what to put into the magazine. We also print the magazine ourselves. Maybe you have something you want to tell us. Our photographer is Jonathan Bryant. Don't forget *Friends* needs you and everyone needs *Friends*.



Andrew goes for gold!
Page 2



Check out
This sailing story
Page 7



Meet the Chief Executive on
Pages 4 & 5

Sporting Achievements

Ceri Davies

My name is Ceri Davies. I attend bowls at Sophia gardens on Fridays at 4pm to 6pm. I went to the Isle of Wight on 10th and 11th October last year to a bowls tournament with my friends. I won a silver and gold medal which I display in my room with all the others that I have won. I play for the welsh team and wear a grey and white outfit, I have just had a new bowls set from my mum and dad for my birthday.



Ceri in her Welsh Bowls Team Outfit



Andrew Williams

My name is Andrew Williams and I would like to tell people about some of my activities and my time at the Special Olympics. In July I travelled to Leicester to compete in the Special Olympics. I was away for one week and took part in many races, I won 2 bronze and 1 gold medal in kayaking and I even appeared on television! I have been kayaking for 10 years and practice every Wednesday evening at the Eastern leisure centre and also on the river Taff, Wye and at the bay. I was training for the Special Olympics for 2 1/2 years and am very proud of my achievements as are all my family and friends. I have competed in many Special Olympics - National, Welsh and European in a variety of sports including gymnastics and table tennis. In 1993 I won a gold in the singles table tennis. I enjoy all sorts of sporting activities both individual and team sports. I have participated in snooker, swimming, weight lifting and lifeguarding. I belong to the Arsenal South Wales Supporters Club and go to the Emirate Stadium about twice a year to see them play. I have lots of arsenal souvenirs as I am a huge fan. I am a very active person and am busy everyday and when I am not working or at day service I enjoy going out for meals, bowling or going to the cinema. I also love discos and am usually first up on the dance floor!



Andrew shows his medals

HOLIDAYS

Adventures of Mr T Mason

Earlier this year, I went to Bletchley Park, just outside of Milton Keynes, on a holiday. the first few days I visited the park. It was brilliant to see the museums full of historical facts about World War 2. There was also a 1940s festival happening the first day we got there and it was really nice. Everyone made an effort to dress up and keep to the theme and the music took me back to my early days. There was also a collection of old bikes and they were all on display for us to look at and as a surprise a Lancaster bomber flew past, so I was so happy to be able to take some pictures.

The second half of the week, I was able to go to a safari park and saw loads of different animals. My favourite there, was them 'cheeky monkeys' they kept jumping up on the cars and eating the rubber off the roof. In all I had a very nice time and I am looking forward to the next time I



Me and my support worker Dan outside Bletchly Hall (not my car unfortunately)



Neil's holiday

On the 3rd September 2009 I went on holiday on a cruise for the first time. I flew to Palma—Majorca. this cruise was for seven days. I could not believe the size of the boat, it was massive. I have taken a photo to show you just how big it was. this cruise went to a lot of different places including France, Corsica, Spain and Monaco. I got to see a lot of places and visited the Sistine Chapel and the Tower of Pisa, which were beautiful. I also visited a casino while I was in Monaco which was amazing. I got to meet new people and make new friends. this was one of the best holidays of my life so far. I had the best time ever and I would love to go again as soon as I can.

Neil Parsons

Neil enjoying his holiday

Special



Mandy
chatting to
our
reporter
Lucy

Interview with the Chief Executive of OHT Mandy Evans

Do you like your job?

I'm smiling because if you ask me that on any day of the week it is a different answer. Yes I do - I like it because it is all about people and making sure they get on with their life, all the challenge keeps me on my toes, it is not an easy job. Yes I like my job working hard and everybody else working hard. Do you know what makes my job even nicer - if I visit someone like you at home and see all the nice things you do.

How would you support me shopping?

It would depend on what you were shopping for and how much money we could spend? We would also have to decide what you fancy buying and what you need to buy. If we were shopping for clothes it would be wise to look at what you have already and decide what you might need. Ideally we would need you to try the clothes on in the shop, you also need to tell me if I am just going with you or if I am to be honest with you and tell you if something doesn't suit you I wouldn't want to upset you. I would be happy knowing I would be somebody you would like to go with.

How would you support me to plan a holiday?

First thing we would do is get you to think about what type of holiday you would like - busy or relaxing, warm or cold? See how much money you have or if you would need to save for the holiday.

Then get you to decide who you would like to go with? Maybe you would like more than one holiday.

Feature



What is your favourite sport?

I was a gym fanatic but I got fed up of being indoors, my favourite would be an outdoor gym.

I tend to be outside either in the garden or walking – I like long walks, I like being in the open air.

I like watching the rugby but Wales are not playing too well. I am not really a sport fanatic.

What is your favourite magazine?

I don't have a favourite I like lots of magazines, I like the supplements in the Saturday and Sunday papers. I like the supplement to do with Travel and Home & Garden, I usually take all week to read them. If I buy a magazine it would usually be about gardening or a magazine about the home.

What is your favourite hobby?

I enjoy my garden and allotment (well it's a vegetable plot). I enjoy growing vegetables and cooking them.

I enjoy mountain walking, Pen y Fan, Storey Arms and Cadair Idris. On winter nights my husband and I go for a walk up Caerphilly mountain so that we spend time together.

What is your favourite drink?

At the moment my favourite drink is a cup of tea at 10 o'clock in the morning as I am not drinking coffee any more. Anyone who knows me will tell you my favourite drink in the evening is Bacardi and coke but it has to be a double.

What is your lucky number?

I think it would be 7 – I've not really thought about it before.

Interview by Lucy Shapland



Hobbies and Interests

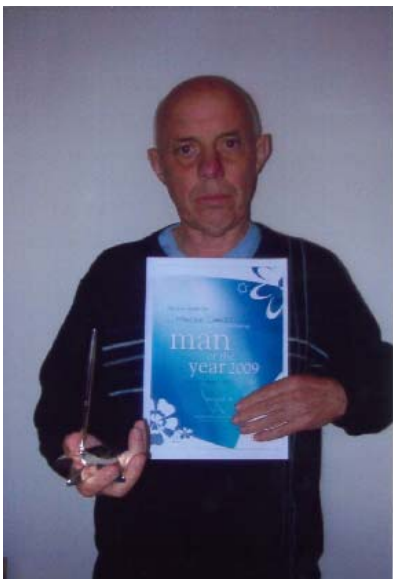
Slimming World



Before



After



Winning Man of The Year

My name is Malcolm Coakley and in Feb 07 with the support of my manager I joined the local Slimming World Club. I was finding it more difficult to do some of my activities as my weight had gone up to 16½ stone. I received lots of encouragement and support from my team and by the 1st July 08 I had lost 5 stone and reached my target weight of 11½ stone. I was surprised that I did not find it difficult at all, as I still had crisps/chocolate and my occasional pint. I really enjoy food and was still able to eat a lot, I filled my home with healthy options, I always have a full fruit bowl and plenty of yogurts if I feel like a snack, and usually some chocolate bars if I fancy. I have been at my target weight for over a year now, the support I have received from my team and the new friends I have made at slimming club has kept me focussed. As a result I have now been able to start up an activity again which is horse riding and I really enjoy this. I feel much fitter and healthier now and last year I won group man of the year 2009. I have also been put forward to National Man of the year and hope to do well there.



We are all very impressed with your will-power Malcolm!

Hobbies and Interests

Going Sailing



Gary enjoying his sailing experience

My name is Gary Engl and I go sailing during the spring and summer months at Channel View, Cardiff Bay.

I attend every Tuesday morning with my support worker and the session usually lasts between half an hour to an hour.

The staff at channel view are very helpful in hoisting me into the boat on the River Taff and lifejackets are supplied.

It can get cold and windy at sea, but it's still a fun outdoor activity to participate in.

I would highly recommend sailing to other OHT friends and it would be nice to see a few familiar faces in the future!

For more information on water and other activities ring [Venture Out Wales](tel:02920382151)



029 20 38 21 51



His transport home



Loads to do at Channel View



Messing about on the water

Hobbies and Interests

Alyson Perkins



ALYSON PERKINS AND JONATHAN
ENJOYING THE WALK

I go to Nordic walking on a Tuesday afternoon. We meet at Pontcanna playing fields, whatever the weather.

Steve and Jenna are my instructors.

We use two sticks to help us walk quite fast.

It is good exercise for my legs my heart, my back and my arms.

I enjoy going to Nordic walking because it keeps me fit and healthy and I get to meet my friends and to make me meet new people.

I enjoy being outside and being able to chat as I exercise.

Alyson

To find out more about Nordic Walking call Venture Out Wales



029 20 38 21 51



FRIENDS

CONTACT US

WITH YOUR STORIES AND PICTURES



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