

# DAME HANNAHS NEWS - NOVEMBER 2021

## Welcome

Sport has been a big feature of the last month with the return of tennis, football and cricket. Our radio team are delighted to be back hosting their shows and trips around Devon have continued in all weather. We are saying a big thank you to one of our key supporters and we are also asking people to nominate Dame Hannahs for a special Christmas award. Everyone is now looking forward to the festive season.



## Winter Trips

Despite the cold weather and shorter days everyone is keen to get out and about. The Gilleys bungalow group wrapped up warm and enjoyed a trip to Bolberry Down in the winter sunshine.



## Radio Shows

Our radio DJs are really excited to be back on the airwaves. DJ Spinsister is on air every other Thursday at 5pm and the Hannahwood radio team take it in turns to host a show every Tuesday at 4pm. Access All Aerials radio station is run by CEDA in Exeter which is a charity providing learning and social opportunities for disabled people. To find out more about the shows visit the Access All Aerials website.



## Sport is back

We were delighted to welcome back our external sports providers. Everyone has really enjoyed football with Plymouth Argyle Community Trust and tennis with Double Bounce.



## Thank You Mary

We would like to say a big thank you to Mary Watts who is retiring as Chair of our Ivybridge Supporter Group after 11 years. She has been involved as a volunteer fundraiser for Dame Hannahs since 1990 and her first contact with the Trust was even further back in 1945 when she was treated for Polio as a little girl. You can read all about Mary and her wonderful work on our website.



## Litter Pickers

The Marchesi group started their John Muir Award journey recently. Their first session was community help with some litter picking, which they really enjoyed. Thankfully Avon Dam is incredibly clean so they didn't have much to find and improvised with sticks and leaves! The John Muir Award is an environmental award scheme focused on wild places and is inclusive and accessible. It encourages awareness and responsibility for the natural environment through a structured yet adaptable scheme, in a spirit of fun, adventure and exploration.



## Nominate Dame Hannahs

Ecclesiastical Insurance are running their Movement for Good 12 Days of Giving Awards again this Christmas and voting is now open. Please nominate Dame Hannahs. Your nomination really counts and £1,000 could make a real difference to the lives of our wonderful young adults. To nominate Dame Hannahs for a chance to receive a £1,000 donation visit the Movement for Good website and click 'nominate now' and quote our charity number 1194836 - Dame Hannah Rogers Trust 2019 Ltd.



## Cakes for Sale

Our new Chair of Trustees Ian Cowley caught up with Andrew on his cake round recently. Our young adults take it in turns every week to sell the delicious cakes baked by our wonderful kitchen team.



## Christmas Raffle

We have now launched our Christmas Raffle. If you would like to buy tickets please contact us on 01752 898135 or at [supportus@discoverhannahs.org](mailto:supportus@discoverhannahs.org).



## Poetry Winner

Last week was National Stop the Pressure Ulcer Day. The community tissue viability team at Livewell ran a poetry competition to raise awareness of pressure ulcers and what can be done to prevent them. Our registered manager Marc wrote a poem which won the competition! Everyone made a video performing the poem using different forms of communication. And two ladies from the tissue viability team presented Marc with some goodies.



## More Fun and Games

Everyone has been having a lovely time playing table cricket and wheelchair dancing. There are plenty of fun indoor activities for them to enjoy now that the weather is colder.



### **Apply Now**

There are number of different vacancies at Dame Hannahs at the moment. Visit our website to take a look. It is now really easy and simple to apply.

We would like to say a huge thank you to all our volunteers and fundraisers for all their dedication and hard work. If you would like to get involved please contact [supportus@discoverhannahs.org](mailto:supportus@discoverhannahs.org)

