

## E-Newsletter April 2024

### Welcome

April has been another busy month. Our supporters have been preparing for their challenges and we are looking forward to our fundraising events. Our young adults have been enjoying their new clubs and we have celebrated some special days.



### Easter

Everyone entered into the spirit of Easter with lots of fun activities including baking, card making and the all important Easter egg hunt. The Easter bunnies were also very busy delivering chocolate eggs to all the young adults and staff around the site.





## Mews Misfits Fundraiser

Please support the Mews Misfits in their fundraising challenge in aid of Dame Hannahs. This team of 10 support workers care for the young adults in our Mews and are taking part in the Exeter Inflatable 5K this Saturday 27th April.

## 10X Fitness

It was lovely to welcome Kev and Louise Dadd from 10X Fitness to Dame Hannahs. Having chosen us as their charity of the year they came to meet our young adults for the first time and to put us all through our paces with an exercise class! It was also exciting to hear about their fundraising plans including their Olympic challenge. To follow their progress or to join in the challenge visit their Facebook page - <https://www.facebook.com/10xfitnessdevon>



## Cream Tea Fundraiser

Please remember to book your tickets to our Cream Tea fundraising event on Tuesday 21st May here at Dame Hannahs. It promises to be a really enjoyable and interesting afternoon.

As well as a delicious cream tea you will be treated to a very informative and entertaining talk on Eleanor of Aquitaine by our Royal enthusiast Meg de Blank.

Bring along your family and friends. To book your £10 tickets contact Debbie Lumsdon on 01752 898106.



## Dame Hannahs Cream Tea

With a talk given by Meg De Blank on  
Eleanor of Aquitaine  
A Lioness Amongst Sheep

Tuesday 21st May 2024 at 2pm  
To be held at

Dame Hannahs, Woodland Road, Ivybridge, PL21 9HQ

Price per ticket £10

Book your place by calling Debbie on 01752 898106



## Life Skills

The Life Skills group meet every week learning new skills and enjoying new activities. They recently made a bench and went shopping at Plants Galore for plants and seeds for the garden.



## Cooking Group

Support worker Alex has started a new cooking group which has already proved hugely popular. Alex used to be a chef so he is able to use his previous knowledge and has already taught the group how to make a delicious quiche and pizza. This group is also helping our young adults to build on their life skills. It is really good to see our staff take the initiative and use their skills to start new activities.



## Book Club

Our Activities Coordinator Isla started a new Book Club this month and the first session was a huge success. Everyone brought along their favourite books which they shared with the group and they all voted for their favourite genres of books. The group will meet once a month and is already proving popular with our book lovers.



## World Art Day

To celebrate World Art Day the bungalows were set an art challenge to produce their own bungalow portrait. They all came up with such different but brilliant ideas.



## Wear a Hat Day

To raise money for Brain Tumour Research support worker Heidi organised a Wear a Hat Day. Everyone wore wonderful hats and there were lots of fun games and activities too. We are always keen to support other charities.



## Handy Helper

It is always good to see our young adults helping out around the site. Recently Sarah decided she wanted to help hand out the post and she enjoyed chatting to people on her rounds.



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)



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