

## March E-Newsletter

### Welcome

Over the last month everyone has really put so much effort into celebrating particular days, birthdays and cultures and we have been delighted to welcome many of our families to Dame Hannahs to join in with these occasions. The people we support have been enjoying trying new activities and our supporters have been devoting a lot of their time to their fundraising challenges. We also have a busy programme of fundraising events coming up and we look forward to see you at them. In the meantime we would like to wish everyone a very Happy Easter!



### Pancake Day

Our service users, and staff enjoyed an afternoon of making, flipping and eating lots of lovely pancakes on Shrove Tuesday. The competition was definitely sizzling during the pancake flipping challenge, Gilley's took the prize with an impressive 77 flips!

Flippin' amazing!

### Music Therapy

We are lucky to have Beth who comes in every week to run music sessions both for individuals and groups. All our adults really benefit from these sessions. They are able to make choices of both music and instruments. It is clear to see that they really enjoy the music as their faces light up and there are always lots of smiles. The Mews group had a particularly enjoyable session recently.



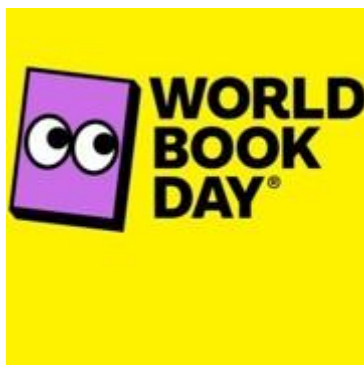


## World Book Day

There are lots of lovely books looking for a new home in our charity shops, so why not pop in and grab yourself a bargain?! We have books and much more on offer at our [locations](#) across Plymouth and the South Hams.

To find out more about volunteering in one of our shops, please visit our [website](#).

Our residents and Day Services clients (and staff!) also got into the spirit of the event and put together some fantastic costumes. Storytelling is a big part of the work we do here at Dame Hannahs, and we use various mediums to support our adults in telling and enjoying stories; from reading aloud, listening to audiobooks, telling stories to music or using pictures. It has been a wonderful [World Book Day!](#)



## Bingo!

Our monthly bingo nights at Dame Hannahs continue to be a huge success, and in the last year these events have raised over **£6,000** to support our work, which is amazing!

If you would like to join us for an evening of fun for all the family, we would love to see you there.

Our next Bingo night will be on Friday 10th April, with eyes down at 7.30pm.

You will find the full list of [bingo dates](#) for the rest of 2026, along with all our other events on our website.

## Party Time

Here at Dame Hannahs, we love any excuse to throw a party! In the last month, we have come together to celebrate Mother's Day, St Patrick's Day, and of course lots of Birthdays.

Our team go above and beyond to make sure our adults feel celebrated on their special day.

Themes for this month have included; Shrek, Disney, Peppa Pig and a very special 50th Birthday party!

Happy Birthday to all of our residents that have been celebrating this month.



## African Culture Day

We had a wonderful time celebrating African Cultural Day recently.

Everyone thoroughly enjoyed embracing African culture through music and movement. There were lots of opportunities to try on beautiful clothes, eat delicious food and do LOTS of dancing!

A huge thank you to our wonderful staff for organising such an amazing day. If you would like to be part of our team, have a look at our [current vacancies](#).



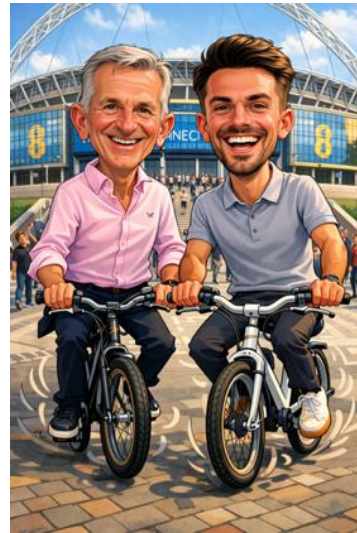
### **Father and Son cycle to Paris!**

A huge thank you to Steve and Steve who will be cycling from London to Paris to raise money for Dame Hannahs!

The Father and Son duo are busy training for their challenge which will be taking place in June. We are very excited to keep you updated on their progress!

To sponsor Steve and Steve, please visit their JustGiving page - thank you!

[www.justgiving.com/page/steve-rooms-1?utm\\_medium=FR&utm\\_source=CL](http://www.justgiving.com/page/steve-rooms-1?utm_medium=FR&utm_source=CL)



### **Chinese New Year**

Everyone enjoyed a delicious feast to celebrate Chinese New Year and to welcome in the Year of the Horse.

Each bungalow cooked a Chinese dish which they put forward for judging. Manager Karen named Marchesi and Day Services as joint winners. Congratulations to everyone for their efforts!



### **Arthur Girls on Tour**

The Arthur girls have been out and about this month and recently enjoyed a trip to [Saltram](#) where they immersed themselves in all the grounds had to offer.

These sorts of trips are great for sensory stimulation, whilst making the most of the beautiful weather we have been having lately. The perfect girl's day out!



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)

