

## E-Newsletter October 2023

### Welcome

Welcome to our new look newsletter. We have moved on to a new system and hope that you continue to enjoy our monthly news updates. As always our adults have been having a busy time with a variety of activities and outings while our supporters continue to amaze us with their fundraising efforts.



### Autumn Lunch

Our Autumn Lunch at the Elfordleigh Hotel raised a wonderful £1,230 for Dame Hannahs. A huge thank you to all our supporters who came to the lunch and helped raise much needed funds. Everyone enjoyed a delicious lunch and a very entertaining talk by Sue Martin on the life of a farmer's wife.



### Football

We have several keen footballers at Dame Hannahs and they have been really enjoying their weekly sessions with Eion from Plymouth Argyle Community Trust. The staff love it as much as our adults and it can get very competitive!





### Spooky Cakes

Everyone got into the spooky spirit at the Halloween Bake Off with their Creepy Signature Dishes and Technical Challenge. The Creepy Signature Cakes were judged at Together Tuesday and the winners were Gilleys with their amazing skull cake! And the winners of the Technical Challenge were the Mews team. Congratulations to all the bakers!

### Museum Visit

The group from Arthur had a really enjoyable visit to the award winning museum and gallery The Box in Plymouth recently. There were so many interesting things to look at and they had a lot of fun.



### Circus Time

The Marchesi group had a great time at the Circus recently. They always love a bungalow outing and they really enjoyed watching all the amazing acts.





### Hannahwood Bar

Our Hannahwood Bar Night is back. Everyone had a great evening of alcohol free drinks recently. Bex did an excellent job as bar maid and Matty was a great bouncer!



### Anyone for Tennis?

The Arthur group really enjoyed their tennis session this week. A big thank you to Fiona from Double Bounce.



### Pamper Session

The Mews girls were treated to a pamper session recently. All our adults love relaxing activities including yoga and time in the sensory room.



### **Out and About**

Our adults have enjoyed getting out and about despite the more autumnal weather. They have just as much fun walking around Ivybridge as going further afield to beautiful places like Saltram.



### **Happy Birthday**

Josh celebrated his birthday with his friends this month. At Together Tuesday each week we all love to celebrate birthdays and big events.

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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