

DAME HANNAHS NEWS - SEPTEMBER 2023

Welcome

This month we have had fun dressing up and playing games as well as enjoying the last of the summer sunshine. Our adults have been out and about on trips and attending college. Meanwhile our fundraisers have been busy baking and selling cakes and training for a swimathon. We are also looking forward to our Autumn Lunch, one of our main fundraising events of the year.



Roald Dahl Day

Everyone had great fun celebrating Roald Dahl Day! September 13th was Roald Dahl's birthday and it was a day to celebrate his amazing stories and characters. All our staff and adults really entered into the spirit of things with some wonderful costumes.

Thursday 5th October 2023
12:30pm



Autumn Lunch

Two Course Lunch
including coffee or tea- £25 per person
with a humorous talk on the life of a
Devon Farmer by Sue Martin

Elfordleigh Hotel
Plympton, PL7 5EB

Booking in advance essential by calling
Debbie Lumsdon, 01752 898106

A variety of stallholders will be in attendance from
11am for you to shop before and after lunch

Organised by the Dame Hannahs Supporter Group
Benefit to maintain and fund for the Dame Hannahs Region Trust.
Dame Hannahs support people with a range of disabilities. Based in Plymouth they provide a lot of other services their
services, this is run by a dedicated team of support workers, therapists and friends.

www.discoverhannahs.org
01752 898106 | support@discoverhannahs.org | @discoverhannahs

Autumn Lunch

Book your tickets now to this fun
Autumn event on October 5th and
bring along your family and friends.
There will be a very entertaining talk,
gift stalls and a delicious lunch.
To book £25 tickets call Debbie on
01752 898106.

Music Therapy

Music therapy sessions with Beth
are always really popular with our
adults. Sarah loved her recent
session. Music really brings out the
best in so many of our adults and
they all have their favourite
instruments and songs.



Kingsbridge Show

A big thank you to everyone who came to our Refreshments Tent at the
Kingsbridge Show. We raised a wonderful £1252.55 for Dame Hannahs! And
thank you to all our lovely volunteers for all their baking and help.



Games Night

Everyone is really enjoying the new weekly Games Night. Quizzes, Bingo and card games are all really popular. Last week Zach and Sam from the Mews won Play Your Cards Right and Dan won Uno representing the Marchesi boys. Congratulations everyone!



Teresa's Swimathon

Teresa is a member of our housekeeping team and has decided to do a swimathon to raise funds for Dame Hannahs. She is going to take on a 5 mile swim in weekly stages during October. She has been busy training all summer. The swimming challenge is all the more remarkable as Teresa only learnt to swim two years ago.



Fun in the Sun

The group from Arthur enjoyed the last of the summer sunshine recently by getting the paddling pool out and spending time in their garden.



College Girl Rachel

Rachel attends ROC College in Totnes every week where she joins in the Drama session. Run by United Response, ROC College is a specialist college that provides education within Cornwall, Devon and Somerset for young people between the ages of 16 and 25 with Education, Health and Care Plans. Rachel enjoyed a walk along the river after college last week.



Mocktail Hour

One of the fun evening events recently was Mocktail making! Everyone had a great time making and tasting mocktails and then joining in a quiz. Everyone here loves a quiz and they can get quite competitive!



Out and about

Despite the mixed weather there have been outings both locally and further afield. Ebony visited Escot Park near Honiton while Bex found a cuddly friend down the road in Ivybridge!

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