



<https://www.zoolabuk.com>

### Zoo Lab visit

Our supported individuals were able to meet some of Zoo Lab's pets which included a giant African snail, a gecko as well as a fine lady tarantula!

More details on pages 2-3

### Keeping fit

We're always looking at fun ways to keep fit. We kick-started with sensory football at the local leisure centre, as well as continuing with boxing and dance.

More details on page 11

### Activities

As always, we continue to explore different places to visit (as well as our regular haunts) and activities to keep our supported individuals engaged.

More details on pages 8-9

## Welcome

Our first newsletter of 2024 is packed full of news and activities we have been busy doing over the last few months.

If you have a news story or event you wish to share with us, do not hesitate to contact our administrator on:



01709 919228



[amanda.tolson@sense.org.uk](mailto:amanda.tolson@sense.org.uk)

# Zoo Lab visit

It may make you squirm in your seat or intrigue you with fascination, keep reading to find out more. Zoo Lab brought along a few interesting creatures for us to look at as well as to hold (apart from the tarantula). Staff were pleasantly surprised by supported individuals and the willingness to touch and hold them - some staff were not quite as adventurous!



**Tilly the tarantula**



**Noodle the snake**



**Speedy the cockroach**



Eleanor, our Zoo Lab host, was fantastic in ensuring everyone had a chance to experience one of the creatures she had brought with her - if they wanted to.

The creatures were very accommodating and entertaining, especially Noodle the snake.





**Speedy  
the snail**

**Dottie the Gecko**

# Community

Most of our supported individuals enjoy being out in the community. Some of our favourite haunts include Wentworth, Cannon Hall Farm, Magna, Thrybergh Country Park, Rotherham Superbowl as well as our allotment at Clifton Park.



**Magna**



## Wentworth Woodhouse



**Clifton Park  
allotment**





**Thrybergh**



**Bowling**



**Sports at the leisure centre**



# Ice skating

Look who has been ice skating for the first time! Thoroughly enjoyed by both staff and supported individuals.



**Steady legs now...**

**Musical, @ Pocket Park Sheffield**



# Baking

Cooking and baking - two of our favourite things to do in the centre - it is fun making cakes and pizza as well as eating them afterwards.



# Activities

We have our regular activities which include baking, bingo and craft as well as relaxation and foot spa therapy.



Thank you Sue for organizing activities for Dignity Awareness Week.





# Serious competition at bocchia!



Did you know... bocce (boccia is the plural version) is derived from Italy meaning to "bowl". The game is similar to the English lawn green bowls.

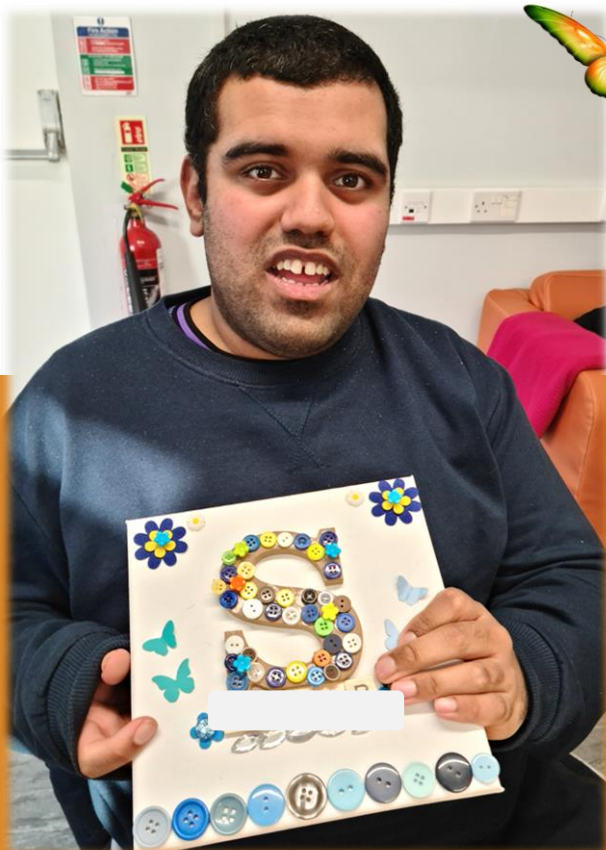


# Relaxation in the sensory room



# Arts & Crafts

We are always looking at different crafts and art projects to be doing whilst in the Rotherham centres. Art and craft activities include silk painting, monogram button art as well as planting hyacinths and marbling painting.



# Keeping Fit

Keeping moving is important and we encourage both supported individuals and staff to get involved in our dance to music sessions, fitness at the leisure centre, as well as boxing and football. When the good weather comes we can also play bowls at Clifton Park!



# Valentine's

We had lots of craft-based activities for Valentines Day, as well as sensory activities.



We made scented play doh, then made handprints in it.

Mosaic hearts from glass tiles and shapes.



We showed our creativity with Valentine's cards.

# Shrove Tuesday



We thoroughly enjoyed making pancakes in the centres. We had some of our favourite toppings including chocolate spread, strawberries and banana.



# New sensory room

We have been most fortunate to receive funding for a new sensory room at Coleridge Road. Many of our supported individuals choose to use the sensory room as their down time area and is constantly used.



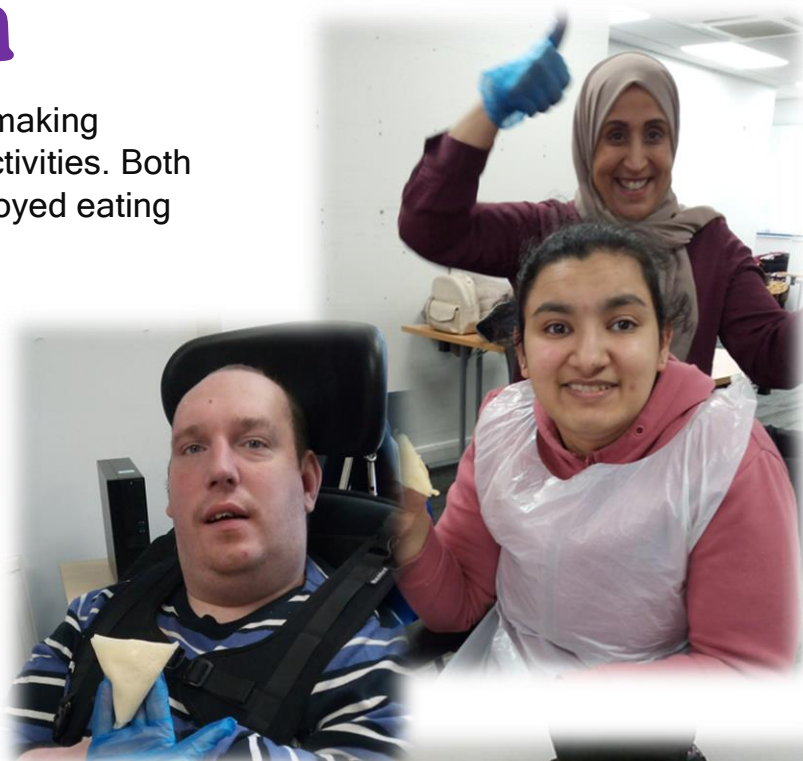
# Mother's Day

As always, we look at ways of being creative for Mother's Day. This included a range of crafts and gift items to take home.



# Ramadan

We kicked off our celebrations by making samosas and taking part in craft activities. Both staff and supported individuals enjoyed eating the samosa too!



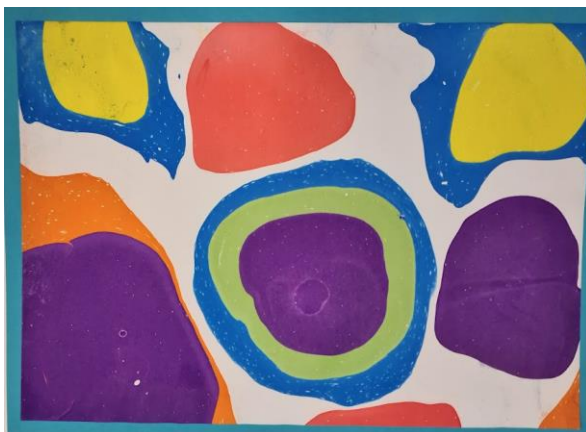
Ramadan is the 9<sup>th</sup> month of the Muslim calendar and when strict fasting is observed between dawn until dusk.





# Easter

We had plenty of art and craft activities including marble painting and bonnet decorating.

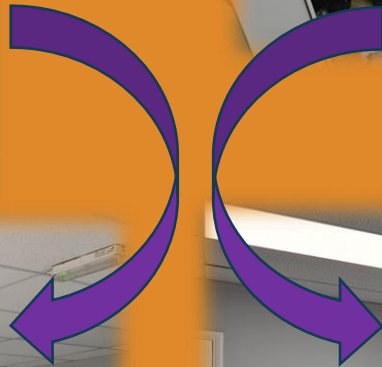


# Transforming Unit 7

It's been an exciting time at Unit 7. It is now fully decorated and ready for moving furniture back in and making homely again. Thank you to everyone involved in the transition to supported individuals at other units.



Part way through...



to this



Happy with the result 😊



# Useful Contacts

Adult Safeguarding (Rotherham)	01709 822330
Children Safeguarding (M.A.S.H. Team)	01709 336080
Mental Health Crisis Team	0800 652 9571
RDASH Switchboard	03000 213000
Housing Services	01709 336009
Reablement Services	01709 336096
Shared Lives	01709 334948
Supported Employment	01709 249600

Age UK Rotherham	01709 835214
Citizen's Advice Bureau	0808 278 7911

## Useful numbers for Sense

### Centre Managers

Angham Ahmed *0777 5906156*

Sarah Burrows *0787 2937675*

Unit 1 - *01709 362909*

Unit 4 - *01709 919228*

Coleridge Road - *01709 821752*



## Activities Timetable – Coleridge Road/Ashley Court units 1,4, & 7

All activities below are held at Unit 4 Ashley Court, unless stated otherwise (26.03.2024)

Day	Morning	Cost	Afternoon	Cost
<b>Monday</b>	<ul style="list-style-type: none"> <li>• Cycling for All – Hillsborough Park</li> <li>• Swimming @ Rotherham Leisure Centre (quieter in the morning)</li> </ul>	£4.00	<ul style="list-style-type: none"> <li>• African Drumming (1:30-2:30pm)</li> </ul>	£2 per session £4 non-Sense members Nominal charge may apply.
		£5.00	<ul style="list-style-type: none"> <li>• Seasonal arts and crafts/bingo</li> </ul>	
<b>Tuesday</b>	<ul style="list-style-type: none"> <li>• Cycling for All – Hillsborough Park (10.30am-12.00)</li> <li>• In-house dance (10.30-11.30)</li> </ul>	£4.00	<ul style="list-style-type: none"> <li>• Drama @ Life Act (1.00pm-2.30pm)</li> <li>• Dance @ Life Act (2.20pm-3.30pm)</li> <li>• Seasonal arts and crafts/bingo</li> </ul>	£3.00 Free Nominal charge may apply
<b>Wednesday</b>	<ul style="list-style-type: none"> <li>• Sensory Football</li> <li>• (Rotherham Leisure Centre) 11.00-12.00</li> <li>• Cycling for All – Hillsborough Park</li> </ul>	£2.00	<ul style="list-style-type: none"> <li>• Pound (1:30-2:00pm) @ Unit 4</li> <li>• Seasonal arts and crafts/bingo</li> </ul>	Free Nominal charge may apply.
		£4.00		
<b>Thursday</b>	<ul style="list-style-type: none"> <li>• Cycling for All – Hillsborough Park</li> <li>• Zumba – Unit 4 10.00-10.30am</li> <li>• Clifton Park – allotment (April to Nov only) 9.30-1.30pm</li> </ul>	£4.00	<ul style="list-style-type: none"> <li>• Movie Afternoon @ Unit 4</li> <li>• Seasonal arts and crafts Coleridge Road 1pm with Amanda</li> </ul>	Free Nominal charge may apply. Free
		Free		
		Free		
<b>Friday</b>	<ul style="list-style-type: none"> <li>• In-house dance (10.30-11.30)</li> </ul>	Free	<ul style="list-style-type: none"> <li>• Music Quiz @ Coleridge Road</li> <li>• Baking &amp; Bingo</li> </ul>	Free Free Nominal charge applies.

## Up and coming events

17<sup>th</sup> May 2024 - Yorkshire Wildlife Park

6<sup>th</sup> June 2024- Performance with “Pass the Popcorn” at St James Church

17<sup>th</sup> July 2024 - Cleethorpes Trip

September - The Deep (date to be confirmed)



Happy Easter!  
 From us all at Sense

