



October 2021

ACTIVE COMMUNITIES NEWS AND VIEWS



Welcome to the October copy of Active Communities News and Views.



On September the 5th, Gloria celebrated her birthday. Martin, Michael and Ben met up with her at the Well-Bean café to wish her a happy birthday. They all enjoyed scones, jam and cream.



On September the 7th Active Community members joined the walking group for a walk along the parade gardens and over the Knap. We stopped near the lake to eat our lunch.



There was quite a lot of activity. First of all the swans were after Christian and Joe's sandwiches. They tried shooing them away and Joe shouted at them, but that didn't stop them.



There were a lot of police by the lake as well. There were 2 police divers with oxygen tanks on, searching the bottom of the lake. They were looking for a weapon that had been used in a murder.

Alison told Rob that she has lived over the Knap for 20 years and has never seen any police activity. We don't think Rob believed her.



It was lovely to catch up with one of our members, **Joe Cassidy**. Joe lives with Richard and Dylan in a shared bungalow in Cowbridge.

We wanted to know how the Covid Pandemic had effected him.

He said that it had been ok. He managed to do some learning classes and drama classes online. He kept busy and wasn't bored. He managed to go for walks and in the car with his support workers. He had been on holiday to the Breans Sands caravan park in Somerset.

He is pleased now, that things are getting back to normal. He has just gone back to bowling and he goes twice a month to drama classes. He is also glad to take part in VPF activities.



On Saturday September the 11th the Active Communities group met at the Well-Bean café. As well as Chris and Alison, there were 17 members. What an excellent turn out!

There was a lot going on. There were crafts and dominos. Michael Ingram was on good form with the dominos. Alison and Ben had a go at tiddly winks, without much success.



Chris suggested playing "Strip Jack Naked". We were a bit concerned as some of us thought she was talking about strip poker. But Chris showed a few members how to play the card game, and Stacey and Kurtis enjoyed playing.



It was nice to see Natasha for the first time since March 2020.



All the staff at the Well-Bean café have been great with our members. Helen and Pierre have been wonderful. They even went the extra mile for Alison. They nipped across the road to buy her a can of pepsi, because they didn't have any in stock. Thanks so much. They must have known Alison needed it!

WHAT'S OCCURING IN OCTOBER



Vale People First Member's Day for all Active Community Members

Friday October 8th. Online from 2-3:30pm.



Our next meeting will be on **Saturday October 9th** at 12:30-3:00pm in the Well-Bean cafe. The cafe is in Golau Caredig, Barry, CF62 7AZ.



Vale People First Fundraiser in Romilly Park, Barry on **Saturday October 16th**.



The walking group will be running throughout this month. Check your WhatsApp for messages.

If you have any questions or if you need more information then contact Chris or Alison on the numbers below.

Christine: 07443874910

Alison: 07583914171

Or send an email to : activecommunitiesgroup@outlook.com

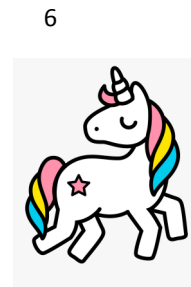
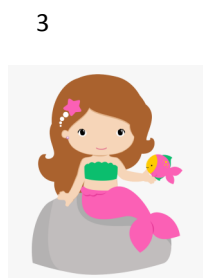


HALLOWEEN QUIZ

Fill in the 7 Halloween costumes that are shown below. When you have finished, read down the letters in the yellow column to find a word that is to do with Halloween. The first clue has been done for you.

Winners get a free bar of chocolate!

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Halloween Question:

What would you guess is the world record for the quickest time taken to carve a face into 1 pumpkin?

Did you find the name of the Activity Communities member hidden in the September wordsearch?

It was Helen.