

# STAND TOGETHER

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## Our Voices

“I like walking  
with my brother  
and his puppy.”

Lisa

“I enjoy going on  
the Wiifit and  
dancing on the  
Wii”

Jenny

“I like walking  
around the lake”

Robert

## Bringing communities together.

### Hello....

We all hope you are keeping well and are enjoying this lovely sunshine that we have been having. Thank you for all of your lovely feedback we received from our first newsletter, this is all new for us, so it was lovely to hear you all enjoyed it.

## Learning Disability Week

### In this issue:

Learning Disability  
Week

A Focus on

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Coming soon

National Learning Disability Week was from the 14<sup>th</sup> to the 20<sup>th</sup> June. In honour of this the Ross-on-Wye Horizon Centre staff and service users have been raising funds to help Tom Harray, a young gentleman with Cerebral Palsy, Global Learning Delay and Anxiety, to be able to have a custom-built wheelchair and all terrain mobility attachments, which will provide a new level of independence for him.

Tom is a 17 year old from Ross-on-Wye and a new

### Our Voices

“ I like going for walks by the river with my friend.”

Alison

“I like walking to see the ducks.”

Richard

“I like to colour and go to the pub.”

Chris

“I ride my bike at home.”

Julia

wheelchair will enable more independence as he enters early adulthood and beyond. The Ross-on-Wye Horizon Centre will be selling kindling, bird boxes, bird feeders and arts and craft items throughout June and all proceeds will be going to Tom's new wheelchair. Alternatively, you can donate to the just going page at <http://www.justgiving.com/crowdfunding/thomasharry> or you can buy items from our online Face book selling page. Your donations will provide Tom with a new level of freedom that will enhance his quality of life.

### Our Voices

“I go walking with staff.”

Nick

“ I like to dance and go for long walks.” Steve

“ I like to garden and do the recycling.” Colin

“ I like to go to the gym, I would like to go more.”

Sarah

By Jennifer.



<http://www.justgiving.com/crowdfunding/thomasharry>



### Our Voices

“ I like to Zumba, I like it because it is all dancing.”

Jess

“I like to do cooking and walking to the centre to stay active.”

Hannah

“ I like shopping for my mum, and then walking back home.”

Jennifer

## Covid 19

Good news - the restrictions are beginning to lift. Hooray!! In May we saw the reopening of restaurants and some indoor venues. We are all keeping everything crossed for the next stage of restrictions lifting. But for now we must all keep doing what we are doing, wearing our facemasks, keeping a safe distance and keep washing those hands, and hopefully we will get back to some sort of new normal.

## A Focus On

Every month we will feature one of the people we support at the Horizon Centre, talking about something that is important to them. This month Nicola has been talking to us about her love for swimming. Nicola enjoys swimming at the Ross-on-Wye Halo centre. “I like to go swimming twice a week, I go with a member of staff to support me.” Nicola has been swimming for a number of years “ I started swimming when I was at school, I would have been five or six. I used to go back then with my mum.” Nicola goes home regularly, and still enjoys swimming with her parents. “ When staying at my parents, we sometimes go to the local gym and swim there.” As well as enjoying swimming, Nicola likes to go to keep active. “ I go swimming to stay healthy, I love to swim lengths.” During the pandemic the swimming pools had to close, which was hard for Nicola, “ it made me sad during lockdown that I could not go.” But now pools are allowed to open again, Nicola is looking forward to swimming more.

## Goodbye to an old Friend

We were very sad to hear that David Stevens, known to many people as 'Big Dave', passed away on May 17th. He was 50 years old.

Dave was well-known in the Ross-on-Wye area and had so many friends. He was involved in many activities, including playing football with the Ross Juniors Pan Disability Football Team, but no matter where Dave was, he loved to have fun and joke with people.

For many years, Dave went to the Ryefield Centre in Ross-on-Wye where people have fond memories of him. 'Dave was a nice and kind person, always friendly. We got along very well. He always made me laugh. I will miss him very much', said Michelle.

While at the Ryefield, Dave was part of the garden and wood working groups. 'My favourite memory of Dave is messing around in the garden at the Ryefield and his laugh', said Steve. 'I liked Dave', added Colin.

After the Ryefield Centre closed in 2017, Dave attended Choices Foundation in Hereford and Creative Learning in Ledbury but kept in touch with friends from his Ryefield days. 'I enjoyed seeing David at discos and dancing with him and singing Alice', said Hannah. 'I remember sitting at the bar at discos with Dave, drinking whiskey', added Chris.

Dave is also remembered fondly by those who supported him over the years. 'I have some very special memories of Dave, often involving football and playing pool' explained Maria Barnett. 'Although, he liked to joke and have a laugh, there was a more serious side to Dave, He was always concerned for other peoples feelings and like to make sure that everyone was included', she added.

'I will miss the banter we had in the garden, and the dances we had at the discos'. said Clarissa Hill. 'We had great conversations while walking to the bookies, always making me laugh. He had an amazing smile and an eye for the ladies', she added.

Dave, you were simply the best. You will be very missed by so many people - gone but never forgotten.





## Coming Soon

We have been talking to the guys at the Centre, about what they would like to see in the newsletter. And they have decided with the reopening of cinemas to have a TV or film review each month. Everyone loves a good film or TV series, so each month we will have a review on a Film or TV series they have watched and loved or not enjoyed. We are all looking forward to reading the reviews. So if you are off to the cinema soon, and would like to feature in the newsletter, then please get in touch.

A date for your diaries is FRIDAY 9TH JULY.

The left bank in Hereford will be hosting a **STAY UP LATE** gig, from 7pm until 9pm.

Watch this space for updates.



## Keep in touch

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