

Newsletter



ISSUE ONE

2nd June 2011

Hi Everyone

Zach and Fenella have decided to re-launch the Newsletter,
We are hoping you will all enjoy and hopefully contribute to the next issue.

We would like to thank you all for your contributions and have a few items written by
many of you and your names will appear next your article.



Service Users

The summer holiday season is upon us! Canterbury and Ashford have just returned
from their holidays. Canterbury went to Great Yarmouth and reported that they had
a brilliant time. Here's the result!



And here is Ashford thoroughly enjoying themselves on their weeks holiday in Dorset



Thanet are off to 'Potters' in Great Yarmouth in October for their holiday. We look forward to all your reports and photographs for our next edition!



Staff

We are pleased to welcome our newly recruited members of staff. We look forward to receiving their comments.



New Developments

The next phase in the development of Avalon is under way and we have started projects in the Swale area and we would like to extend a warm welcome to our new Swale service users:

Nina and Gary Jefferies
Liam Allen
Natalie Ralph
Steven Simmons

We would also congratulate the following service users who have moved in and settled over the last years:

Peter Rogers
Lisa Innes
John Ross Sawyer
Nicolette Clarke

Allan Smith
Jackie Elford
Diane Wells
Sherry Coomber

And congratulations are in order for the following service users who have moved into their own flats and settled over the last year:

Zach Campbell
Phillip Jones
Les Menham
Lorraine King
Cherise Maple
Kasturi Bobba

We would like to wish a fond farewell to the following service users who have successfully moved on from Avalon's Support:

Muriel Amer
Lucretia Hoselup
Luke Woodcock
Dorothy Thorpe



Film Reviews

Quantum of Solace

This action filled violent second outing for James Bond 007 sees him investigating a shadowy organisation run by Dominic Greene. Featuring explosive high speed car chases as lethal as ever and in your face action all the way.

I thought in my opinion that this was the best Bond film to be shown since Licence to Kill back in 1989.

Zach Campbell

Paranormal Activity 2

In this spine tingling supernatural movie sequel, we see the much creepy return of the possessed Katie from the first film who is living with her unsuspecting sister and her partner who have been experiencing frightening events in their home and as the story unfolds they begin to suspect an evil force at work.

This film contains strobe lighting.

Zach Campbell

Clash of the Titans

I recently went to the Vue cinema at Westwood Cross shopping complex with another service user and a staff member to watch the remake of the 1981 science fiction epic Clash of the Titans which sees our hero Perseus sent on a dangerous quest by the Gods to save the Princess Andromeda from a terrifying sea demon called The Kracken. Perseus must travel to a cave on the winged horse Pegasus where he meets the Three Stidgeon who knows a way to destroy The Kracken. Perseus must embark deep into the underworld and retrieve the head of Medusa the Gorgon but is warned by the witches that one glance from her eyes could turn him into stone. Perseus travels by ferry with his men and Charron, once they reach the lair of Medusa, Perseus is ready and with one swing of his sword cuts the head from Medusa's neck. Later, Perseus must stand off against the main enemy Calibos who Perseus eventually kills with his sword. Finally, The Kracken is defeated with the head of Medusa.

This version of Clash of the Titans was better in 3D because the special effects appear real when you see them on the cinema screen.

I would recommend that you see this for yourself at the nearest cinema in your area or to buy it form the nearest retail outlet.

I have given this film a score of 10/10 for its special effects and creatures. This film is worth while seeing.

Zach Campbell



Menu of the Month

Pancake Receipe

Ingredients

110g/4oz plain sifted flour

A pinch of salt

2 eggs

50g/2oz butter

200ml/7fl oz milk mixed with 75ml/3fl oz water

To Serve

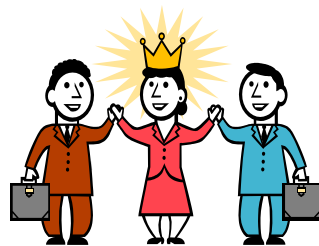
Caster Sugar

Lemon Juice

Lemon Wedges

Method

Sift the flour and the salt into a large mixing bowl so the flour gets an airing. Then make a well in the centre of the flour and break the eggs into it. Begin whisking the using a whisk or a fork, incorporating any bits of flour around the edge of the bowl, as you do so gradually add small quantities of the milk/water mixture still whisking (don't worry about any lumps) when all the liquid has been added, use a spatula to scrape any elusive bits off from around the edges into the centre then whisk once more until the batter is smooth to the consistency of thin cream. Heat oil in a frying pan and once hot enough, start frying the pancakes one at a time. Be sure to flip them over when one side is cooked. Once all the pancakes are finished, serve on a plate with lemon and sugar.



Prize Competition

Wordsearch TV Programs

C	R	I	M	E	W	A	T	C	H	V	U	S	C	P
T	E	M	M	E	R	D	A	L	E	S	T	S	O	L
A	A	S	Z	I	T	A	G	G	A	R	T	E	Q	O
E	T	X	R	D	M	X	F	I	L	E	S	N	W	O
B	O	H	R	O	Q	A	E	H	S	D	G	T	H	S
T	U	O	E	S	M	I	I	K	Y	N	I	I	O	E
R	C	L	H	S	R	R	O	M	I	E	Y	W	L	W
A	H	B	T	R	I	O	O	N	I	T	L	T	L	O
E	O	Y	O	G	P	M	R	T	L	S	F	N	Y	M
H	F	C	R	S	D	O	P	A	C	A	C	E	O	E
S	F	I	B	J	M	K	U	S	S	E	C	L	A	N
V	R	T	G	S	J	S	S	S	O	K	P	I	K	M
I	O	Y	I	M	A	I	R	L	I	N	E	S	S	F
F	S	H	B	C	F	R	I	E	N	D	S	V	N	U
P	T	H	E	X	F	A	C	T	O	R	P	V	V	I

AIRLINE ATOUCHOFFROST BIGBROTHER CASUALTY CORRIE	CRIMEWATCH CSIMIAMI EASTENDERS EMMERDALE FRIENDS	HEARTBEAT HOLBYCITY HOLLYOAKS INSPECTORMORSE LOOSEWOMEN	LOST MERLIN SILENTWITNESS SPOOKS TAGGART	THESIMPSONS THEXFACTOR THISMORNING XFILES
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Which T.V program is listed but can not be found, please write your answer with your name on a piece of paper and send to the main office and we will draw the winner from all correct entries and the prize is a **£5.00 Argos voucher**

Ha Ha

Whilst at work at the butchers, Paddy accidentally cut off all his fingers. He took himself off to the accident and emergency department. The surgeon said to him "where are your fingers, with the technology today we could have sewn them back on and they would have been as good as new. Why didn't you bring them" Paddy said "how was I suppose to pick them up"

Lorraine

A man had just settled into his seat next to the window on a plane when another man sat down in the aisle seat and put his black Labrador Retriever in the middle seat next to the man. The first man looked very quizzically at the dog and asked why the dog was allowed on the plane. The second man explained that he was from the Police Drugs Enforcement Agency and that the dog was a 'sniffing dog'. 'His name is Sniffer and he's the best there is. I'll show you once we get airborne, when I put him to work.'

The plane took off and once it had levelled out, the agent said 'Watch this.' He told Sniffer to 'search'. Sniffer jumped down, walked along the aisle, and finally sat very purposefully next to a woman for several seconds. Sniffer then returned to his seat and put one paw on the agents arm. The agent said 'good boy' and he turned to the man and said 'That woman is in possession of marijuana, I'm making a note of her seat number and the authorities will apprehend her when we land. 'Gee, that's pretty good,' replied the first man.

Once again the agent sent Sniffer to search the aisles. The Lab sniffed about, sat down beside a man for a few seconds, returned to its seat, and this time he placed two paws on the agents arm. The agent said, 'That man is carrying cocaine, so again, I'm making a note of his seat number for the police.' 'I like it!' said his seat mate.

The agent then told Sniffer to 'search' again. Sniffer walked up and down the aisles for a little while, sat down for a moment, and then came racing back to the agent, jumped into the middle seat and proceeded to s**t all over the place. The first man was really disgusted by this behaviour and couldn't figure out how or why a well-trained dog would behave like that, so he asked the agent, 'What's going on?'

The agent nervously replied, 'He's just found a bomb.'

Lorraine



Feedback

Following our questionnaires, we have received really positive feedback. We also acknowledge there are some areas we still need to review and would appreciate continued feedback from everyone. Thank you to all who returned the questionnaires and provided feedback.

Please feel free to let us know how you find our services; you do not have to tell us your name if you would prefer to remain anonymous. It is only from this information that we can continue to improve the services we are offering and to develop new areas of opportunity for both service users and staff.

What follows are the results of our annual questionnaire,

Service Users Results.

	Bad	OK	Good
Standard of Care provided to you	0%	33%	67%
Educational and Vocational support provided to you	0%	27%	73%
Range of choice provided to you	0%	44%	56 %
Level of communication/consultation With you, your families and social services	0%	22%	78%
Promotion of your rights and choices	0%	33%	67%

Action Plan after reviewing the results of this survey it shows that we need to improve the Service Users knowledge at all levels.

Well as the saying goes "that's all folks" hope you found this informative and if it's a bit boring we are sorry we are drying up!! So PLEASE help us by sending us some news, features, photo's, few jokes in fact anything for our next issue.

The next issue is due in September.



Fenella



Zach