

The Mag



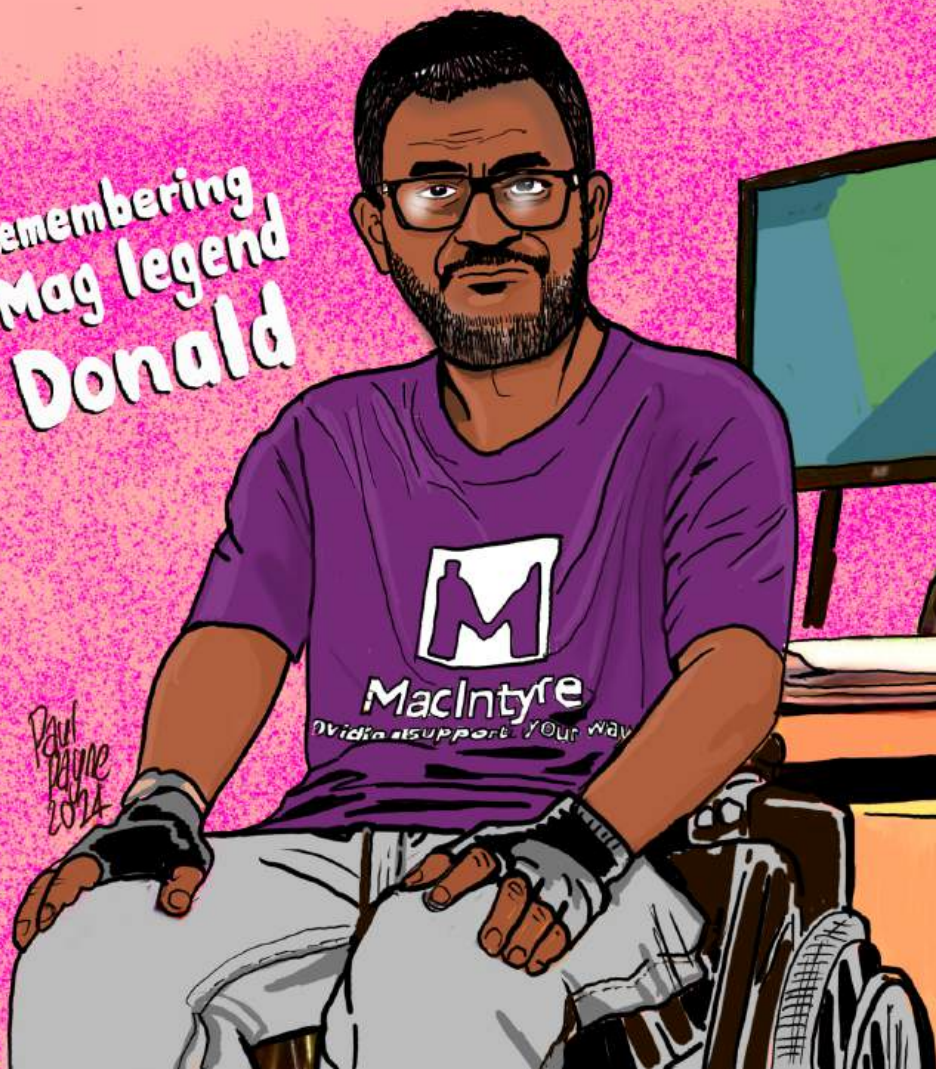
MacIntyre

Providing support...your way

Issue 3 November 2024

macintyretthemag.org

Remembering
Mag legend
Donald



This edition of The Mag is brought to you by...

Rory

Kathryn

Jess

Grace

Sui-Ling

Nathan

Bethan

Max



Hello and welcome to the third issue of The Mag. It is with heavy hearts we report that former Mag legend Donald Delmohammed recently passed away. In this issue we look back at his time with MacIntyre with stories from those who knew and respected him.



Welcome to The Mag

In this issue we are also excited to introduce three new writers to the team Nathan, Bethan and Max.

Our stories inside this issue include Rory's recent walk for Suicide prevention day, The Sui-Ling show on Tour in Warrington, Jess talking about her job as a Oliver McGowan trainer and much more.

Nathan

I hope you enjoy it!
-Sui-Ling

Bethan



Max



Meet our new writer in Max Smith: The Origin story

27 years ago, under a night sky with a full moon a baby was born.

His name was Max and no, he has not got a brother called Min.

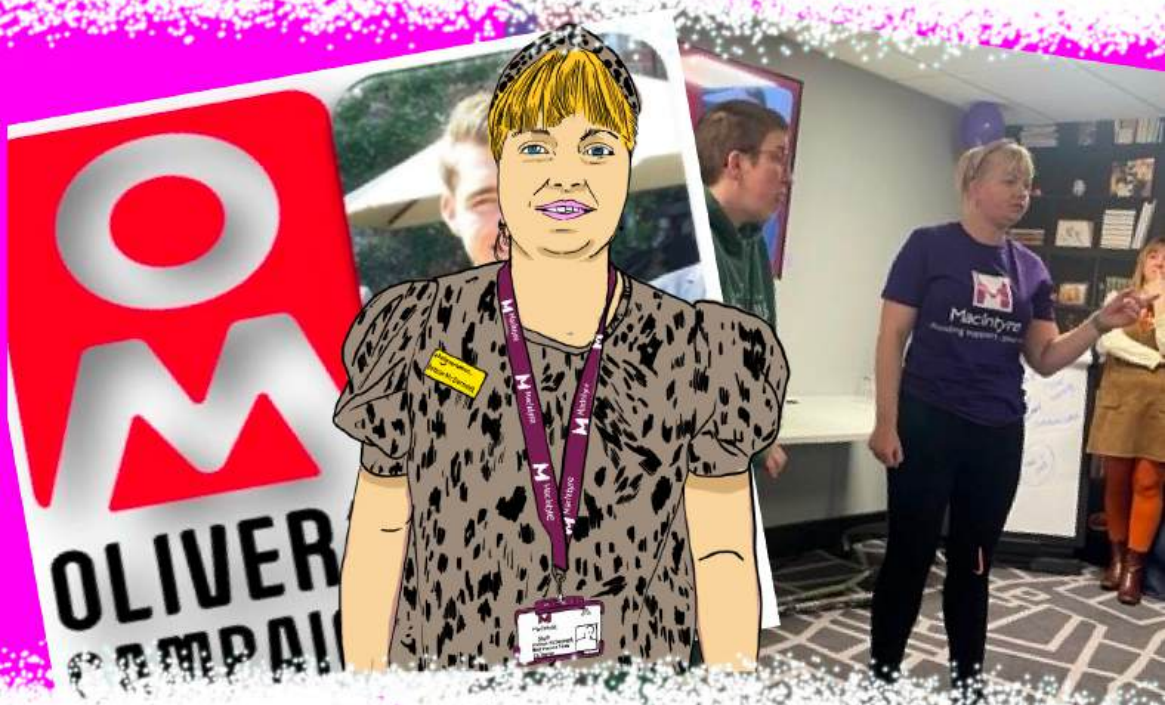
He grew up in the power of his favourite TV shows. From preschool, to school, to college and now here at the MacIntyre office in Leicester. I play my Switch, I help my family at the allotment and sometimes I go on bike rides for 70 miles.



I also make videos. Let me tell you about my TV channel.. Max Smith and Friends. I've done it for 5 years now, and I'll keep doing it forever! I make newsletters for MacIntyre, to show to people and spread the news. And soon I'll be making videos for you as well. That's all folks, and good night.

meet our new writer ... Beth

Hi I'm Beth I have autism and a mild learning disability. I live in Culcheth with my Mum and Dad. I used to work in the Marks and Spencer's café. I loved it there and made lots of new friends. I was there for 8 months and got paid for working which was great. I also worked for 3 years in the Macintyre café in Warrington and worked voluntarily in the Quench café in my home village for 7 years. I'm happy again now as I started work co-delivering the Oliver McGowan Training with MacIntyre after Kathryn Yates put me forward for the role. I had to do an interview. When I started I had to go to a training and induction day in Milton Keynes with Nicola Payne. It was exciting going to a new place.



In the induction, we had to introduce and talk about ourselves and learn all about what the Oliver McGowan training does and how important it is. After that I felt happy and was proud of myself. I am now a co-trainer for MacIntyre with Nicola and Rachel. I love delivering videos on Dr Gobbledegook and other work on autism and learning disabilities. I enjoy getting paid for my work again. I get to do an important job speaking up for people with learning disabilities and Autism. I like talking about myself and my life to other people in places like hospitals, delivering what we call "all about me." I also did a one-page profile to help me with my work.

It's made me really happy to be working again as some of my friends also have jobs. I really wanted to work again so I never gave up.

I do "Fit To Tackle" at Warrington Wolves and I have been made an ambassador for the scheme. I go to "Creating Adventures", it's brilliant. I play the trumpet in the brass band and I do a cookery class on Tuesdays with them. We had a cookbook published with all our recipes in it. I am an ambassador for them too. Everyone says I've got an amazing memory. My Mum says she doesn't need a diary because she has got me! -Beth



"It has been so wonderful meeting Bethan and supporting her in this exciting role. When I am with Bethan I can really feel her passion, enthusiasm and confidence shine through. Bethan should be so proud to be in a paid role that helps educate others"- Nicola Payne: Best Practice Health and Families Manager

Meet our new writer... Nathan

My name is Nathan Roe and I am 32 years old. I joined MacIntyre in July of this year. I suffer from quadraplegic cerebral palsy with muscular spasticity which means I am completely dependent on a wheelchair to aid mobility. I was born on 16th January 1992. I live in Chesterfield with my Mum Carol and Dad Mike.



I have numerous hobbies including sports from around the world such as pool, snooker and horse racing. I have also been a keen season ticket holder at Chesterfield football club for the last 14 years. I go to most home games on Saturday with my family. I also watch TV. I enjoy cooking shows, airport security based programmes as well as many police and medical real life shows. I am also very experienced in travel around the world having had many trips across Europe, USA and Africa. I can speak numerous foreign languages including Spanish, French German and European Portuguese. I am currently learning Italian and all these are languages in which I can converse at a very basic level however my strongest suit is Spanish having learned it in school 21 years ago, -Nathan.



Rory's Stories.

On the 8th September at 3am myself and a group of 22 other people from Macintyre, Great Communities and Macintyre Shared Lives took part in the Hope 100 walk. This was a 10 mile walk to raise awareness of World Suicide Prevention day. The name Hope 100 is linked to the statistic that 1 in 100 deaths worldwide are due to suicide.



HOPE₁₀₀



We started the walk with over 200 other people at Halliwell Jones Stadium. We walked through scenic places in the early hours of the morning and then went up to Woolston Eyes, one of the highest, most scenic places in Warrington. We finished back at the stadium at 7am in daylight after the sun set.

I found that walking at 3am in the morning was very relaxing and tranquil. I felt happy as I had good friends walking beside me to chat with on our long walk. I also spent some time reflecting on people who have previously taken their own lives and people who are currently struggling with their mental health. I really wanted to take part with my friends as I know someone who has recently been affected by this issue. Taking part with others from Macintyre was a really positive outcome to raise awareness further in our community.



Jess talks about her role as an Oliver McGowan Trainer.



The Oliver McGowan Foundation was established in 2016 due to misconduct that Oliver received from the NHS. The campaign is led by Paula McGowan OBE, who believes that all Health, Social Care Staff and NHS workers need appropriate and meaningful training to help them understand people with a learning disability and autism. I have worked for the Oliver McGowan Foundation through First Response training since February last year. Since then I have co-led courses and training to help NHS staff and workers understand what having a learning disability is like and how it affects me day to day.





As part of the training, I speak about the adjustments that my parents have made in our daily lives, in the hope that it helps the staff recognise that these adjustments in hospitals and care homes, would make it easier for the patients to be more understood by the professionals. I love my Job and I find it very rewarding at the same time. I co-lead courses throughout the northwest with my trainer Steve either via Teams online training or more recently, started face-to-face training sessions. When I first started my training, I was very nervous about speaking in front of people, but once I had my script to read from this helped calm my nerves. I felt more confident each time I carried out the training and am now very comfortable in my role.



THE AUTISM NETWORK with Jess Sutton

Hi! My name is Jessica Sutton, and I work for MacIntyre. I am MacIntyre's Autism and Self Advocacy lead. Recently I had a meeting with my local MP, Chris Bloore. I spoke to Chris about autism and learning disabilities. I also spoke to him about LGBTQ+ rights.



*My local M.P
← Chris Bloore.*

To speak with Chris, I sent him an email to ask if we could have a meeting. It took a while to set the meeting up because both Chris and I were very busy, but we did eventually get our meeting set up on Zoom. It was good to be able to speak to Chris about issues that affect me as both an autistic and a transgender person.



I also learned from him about what his plans are for my area and discussed issues with him. I was able to ask questions and make myself heard. We are planning to have another meeting soon to talk about how things have changed.



Chris was able to learn from me about what it is like to live as a trans person in the UK. I also talked to him about My Vote My Voice.



Autism
Network



I am looking forward to having my next meeting. It is a great opportunity to be able to make my voice heard in my local community.



You can email your local MP or send them a letter to get in touch with them. Their information will be available online. It is an MP's job to help the people they represent so I recommend talking to them to make your voice heard!

My Vote
My Voice

If you want to find out more about voting scan here with your camera phone to visit the My Vote My Voice Website. 

<http://myvotemyvoice.org.uk>





Everyone Everywhere



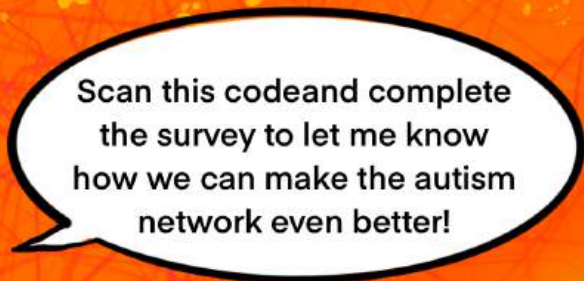
(Rise Up)

The Autism Network Online has been going for more than a year now. We have talked about lots of different things such as Voting, Mental Health, Relationships, Sensory Experiences and more. I want to hear from everyone who has been to the Autism Network Online about how we can make it even better. If you have been to the network before, please do the survey. You can use the QR code below to get to it.

Recently I have also started working with the in-person Autism Network in Warrington. It has been great meeting new people at these meetings. We are planning lots of topics to focus on and things to do together. We might even be starting new groups in the future. Keep an eye out for more information about new groups here in The Mag.

It has been great learning about autism with everyone who has come to the network. I am looking forward to another year of learning together. I hope to see you there!

On the next page you can check out MacIntyre's Autism plan for 2024/25.



Autism Plan 2024 - 2025

We are ambitious

In keeping with MacIntyre's Corporate Strategy Aims; the Autism Plan outlines the goals MacIntyre are working towards in 2024 and 2025 to improve the lives of people with Autism including:

- Promoting an understanding of their rights
- Improving their mental health
- Supporting them through transitions
- Increasing opportunities for them



MacIntyre's Autism Steering Group

This is also called the ASG

The ASG meets every 4-6 weeks to:

- Share information about Autism
- Listen to Autistic people and their families
- Make plans that help to improve the lives of Autistic people
- To hold MacIntyre to account

The ASG is made up of Autistic and non-Autistic members of staff that have a wide range of views and experiences. MacIntyre's Autism Steering Group is at the forefront of MacIntyre's Autism Plan 2024 - 2025.

Visits to MacIntyre Services

MacIntyre's new Autistic Lead, Jess Sutton, is going to visit MacIntyre's Services to find out about the staff and people who draw on MacIntyre's support to strengthen MacIntyre's work.



MacIntyre
Providing support, your way



Autism information

Continuing to make sure that Autism resources are current, relevant and useful when completing training and accessing guidance on MacIntyre's Intranet and e-learning. Plus, reviewing feedback to constantly improve and ensure it is fit-for-purpose.



Groups for you to join

- On the first Thursday of every month, the Autism Network hosts online meetings from 1pm - 2pm
- On the first Monday of every month, the Autism Network hosts in-person meetings

The Autism Network discusses topics that effect Autistic people. Autistic and non-Autistic people are welcome to come along!



Autism Special Interest Groups are making a comeback soon!

Please email Jess Sutton for more information.

- jess.sutton@macintyrecharity.org

Oliver McGowan

- Making people aware that Oliver McGowan training is happening in MacIntyre
- Keeping Oliver McGowan training content up-to-date
- Implementation of Oliver McGowan training workshops

30

Do you want to read the full-length version of the Autism Plan?

Please email Jess Sutton for a copy at jess.sutton@macintyrecharity.org



Autism Network



In the afternoon we went across town to Warrington Wolves to interview James and Adam about “Fit To Tackle” which is a beginners fitness program that offers an inclusive environment. It has been designed for adult’s with learning difficulties. I took part in the session and really enjoyed it. The instructor Alex did a great job making it fun. I would love to see a Fit To Tackle group where I live in Milton Keynes. - Sui-Ling.





In September I took The Sui-Ling Show on tour to Warrington. In the morning I visited the amazing Garden Gang who were opening their new wellbeing garden. They were unveiling a plaque featuring art by Mag writer Will to open the garden. It looked great. I had a lovely time meeting lots of people including Warrington's Mayoress. People were asking to have their photos taken with me as they had seen my show. I felt like a celebrity!





Kathryn Yates

Hi, I'm Kathryn and I'm here to tell you about Everyone Everywhere

Everyone Everywhere



Neighbourhoods

Let's Take Action

Have you heard about Everyone Everywhere? It's HOW we are making the Big Plan happen

We saw that the Learning Disability Coproduction board in Hertfordshire wanted to hear from people with learning disabilities, in a project called User Voice.

The Shout Out crew have done some great work expressing their thoughts and feelings through music before. So we thought, let's take it to Hertfordshire and we invited people in Hemel Hempstead to get together to write a song and make a music video. We worked with over 30 people who go to Dacorum Day Service and people supported by MacIntyre.

People thought about music genre, types of music they loved and how it made them feel. They talked about their favourite artists.

We played some different beats and people chose their favourite one.

People talked about what was important to them and shared lyrics. People who don't use words recorded sounds with their voices and also using their hands and instruments. In Hertfordshire they have a slogan, RISE, and we talked about that as part of the song, people "rising up".

He
Being Nice
de
Sn
Washing dishes
out. So other

We took this all away and using the words, sounds and beats people created, Paul turned it into a song called Everyone Everywhere. With videographer, Ewan everyone had some fun with hula hoops, flags, scarves, umbrellas and even a smoke machine to create a music video. Everyone enjoyed the experience and we are all so proud of the result!

People told us:
"I love dancing."

"I could hear myself (on the song), la la la"

"I usually go shopping on a Friday and I changed my mind and came to this because I love music and I was glad. I liked singing and choosing the beats."

Everyone Everywhere



Neighbourhoods



Every one Everywhere (Rise Up)



Remembering Donald

Donald was a valued member of the Great Interactions team for 14 years. His main passion was The Mag, MacIntyre's magazine for and by people supported by MacIntyre. He was a key member of the editorial group, providing support to others in order that they could be fully involved in the editorial process. Over the next few pages colleagues and friends of Donald share their memories of the amazing man



"I used to work with Donald on The Mag. He would always bring biscuits to share with everyone at our meetings. I enjoyed working with Donald and he would always help me with my articles. He was a real character and will be greatly missed by everyone at MacIntyre."

- Sui-Ling



"I have worked at MacIntyre in Milton Keynes for nearly 20 years. I always remember Donald being at any local event with his camera flying The Mag flag. He was always supportive of any project I was working on in Lifelong Learning and would do his best to help any way he could to share far and wide. He had a wicked sense of humour and always put a smile on my face when we crossed paths. He was a passionate, creative and talented man and I was glad to know him". - Paul Payne



"Donald always had a mischievous sparkle in his eye. He was keen to get involved in everything going on around MacIntyre and to join us all in making a difference for people. The last time I saw Donald was after he left MacIntyre, when I bumped into him at the 1940s weekend at our local museum. Although clearly unwell, Donald still had that sparkle in his eye, and his enthusiasm for dressing smartly was well in evidence – he was always a bit of a dandy."- Tess Marshall



"Donald was such a local supporter of fundraising in Milton Keynes. Donald really took the time to help promote the local Memory Café , always finding time to interview and share stories with the hope to reach more people . One memory I have is when Donald joined the Memory Walk , such a task to complete but he did with such determination and pride. A pure sea of MacIntyre purple(top hat included !) Donald continued to raise money and the team were always so grateful"- Nicola Payne



Memories and Miles was a big Memory of mine about Donald. He was sponsored and raised a lot of money for our memory cafes. He did it all in his wheelchair without help from anyone.

What Donald said in a MK Citizen article:

"What makes this even more difficult is that I am doing it by myself. No one is pushing me and I will be using my hands to push my wheelchair myself. This is the first time I've done anything like this. I am training by going swimming and to take part I have to take an injection to help with the pain in my spine. I find it difficult to walk long distances. The money raised will go to support MacIntyre Milton Keynes Memory Café at Great Holm."

Donald also won an MNW award for the money he raised completing this event.

-Meg Wilding





He was a strong advocate for others with disabilities, not holding back in speaking up even when that was not popular. He was not afraid to say what was on his mind and that sometimes is a good quality to have, people listened. Donald never let his own disability get in the way of getting out and about to meet people and hear what they wanted to share in The Mag. Visiting people ensured Donald had a good understanding of services provided and this gave people the opportunity to share their feelings with him. He could inspire others to be their best. He was intuitive and although he preferred not to ask you if you were ok directly, we all received emails or a text, where he was checking on us because he had noticed something different. He would produce small gifts at just the right moment to make you feel special or as a thank you, not that it was ever needed but he was that kind of person. Donald had a knack of knowing things before being told – this was a bit unnerving at times but clearly he had connections in high places! The amount of times I would tell him something and he would tell me I know but then give detail, was scary.



Donald had lots of people he knew spread across the UK. It can't be underestimated how many friends he had and the impact he had on them. He didn't always recognise his popularity, and needed help being reminded of this, but when he did, we know it meant a lot to him. Donald is greatly missed by all of us at MacIntyre but we keep a special place in our hearts for him and will always remember his wicked sense of humour and tall stories! I know I will miss that smile and twinkle in his eye when he had hooked you in.

D, on a personal note you were a very special person and a really good friend. I will miss you and our messages. I will never release you from my heart, there you will stay. A x

P.S- G helped with this and she will miss the winding us up and having a laugh. She said you were a great friend and colleague and you will be missed.

Rest in Peace D and Au revoir for now. x

-Anita Taylor



The Mag



JustGiving



The Mag is free for everyone at MacIntyre but if you would like to donate anything you can afford to help us cover our costs, please scan the code above. We will give you a shout out in a future issue.

The Mag team



We want more people from MacIntyre to join us as writers and editors. We want to hear stories from all over the country about what you are doing where you live.

Please contact us at themag@macintyrecharity.org if you would like to get involved.

The Mag



What's inside?



Rory's
Stories.



What's happening at MacIntyre?



...And much more!

macintyretthemag.org