

*WE WERE BORN TO STAND OUT*

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# **SUPERCAR EDITION**

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SUPERCARS, CHRISTMAS EVENTS, CHOIRS, CRAFTS & NERDS  
WE DO IT ALL







# RALLY EXPERIENCE

BY NESTON

Neston went to the Rally Experience in Eastham for Marks retirement present. Mark drove an Aston Martin. The day was awesome.



“When in doubt,  
flat out”

COLIN MCRAE







"The best way to spread Christmas cheer is singing out loud for all to hear."

BUDDY (ELF)

## CHRISTMAS PARTY

BY HLC

HLC had a Christmas party in the lead up to Christmas day. Plenty of food, drinks and singing.















# ALLOTMENT CHRISTMAS MEAL

BY THE ALLOTMENT

The allotment went out for their Christmas meal.



“When traveling  
with good company,  
the journey seems  
shorter.”

IZAAK WALTON







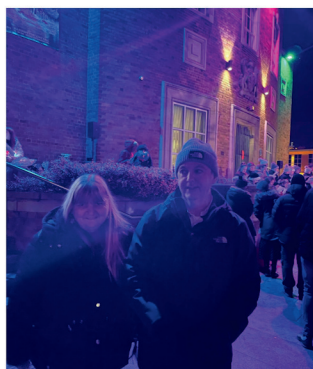
"May your anchor  
be tight, your cork  
be loose, your rum  
be spiced and  
your compass be  
true."

UNKNOWN

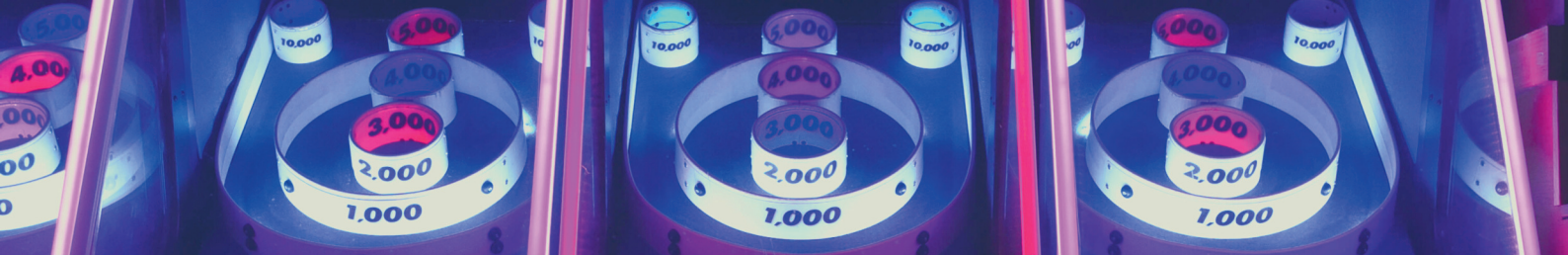
## CHRISTMAS MARKETS & SHOPPING

BY HLC & ALLOTMENT

HLC went to the Christmas market in Chester, sampling all the free goodies, some rum was consumed. The Allotment went to Cheshire Oaks which had some amazing decorations.







## RHYL TRIP

BY HLC

HLC took a trip to Rhyl in-between Christmas & New Year, the day was freezing so it was a good excuse to use the arcades



“High stakes, low stakes, poor or rich - people love a gamble.”

MOLLY BLOOM





# THE BEATLES

"You may say I'm  
a dreamer, but I'm  
not the only one. I  
hope someday  
you'll join us. And  
the world will live  
as one."

JOHN LENNON



## THE BEATLES

BY HLC

HLC went to the Civic hall for a Beatles tribute night.







# DORIN DAYS OUT AND MEAL PREP

BY DORINCOURT

Dorincourt the respite service have been out & about, visiting local attractions, having parties & cooking hearty meals



“Nearly everyone wants as least one outstanding meal a day.”

DUNCAN HINES







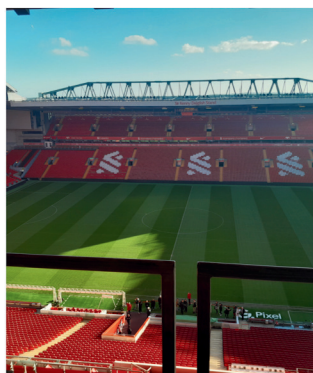
"A football team is like a piano. You need eight men to carry it and three who can play the damn thing."

BILL SHANKLY

## LIVERPOOL FC TOUR

BY ARCHANGEL CARE

Thomas took the Liverpool FC tour, this was identified as an outcome in his Person-Centred Review. I thought he was an Evertonian.







# PROP PREP

BY HLC

Service Users are preparing the props for The Wizard of Oz day.



"You can't act alone.  
Use the props, the  
setting, the crew  
around you, and of  
course, your fellow  
actors"

JON POLITO





# Karaoke!

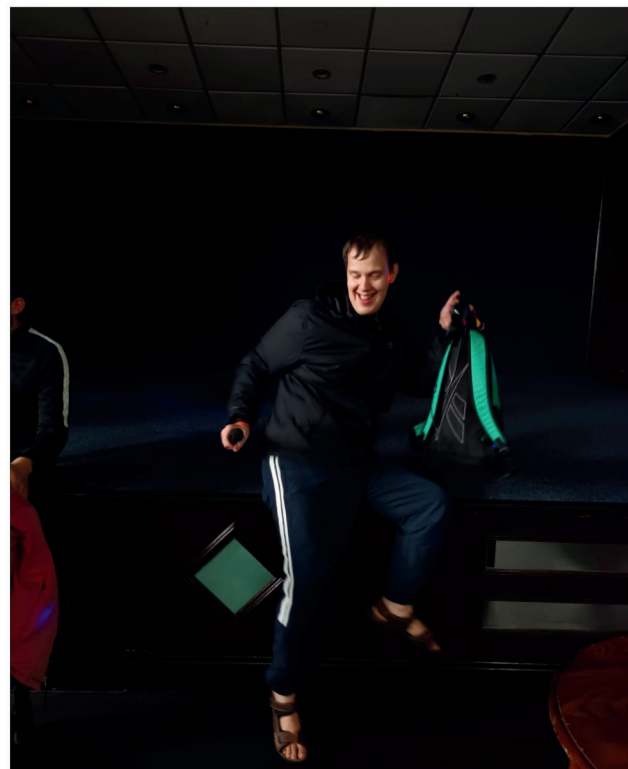
"In karaoke, you don't choose the song; the song chooses you."

AISLING BEA

## LABOUR CLUB

BY HLC

Lawrence getting ready for the Labour club karaoke afternoon, which is held on a Monday







# SINGING STUDENT NURSES

BY HLC

Student nurses who've had placements across Ellesmere Port, Chester & Neston services put on a choir session for everyone, this event was held at Canal Street.



“I love to hear a choir. I love the humanity... to see the faces of real people devoting themselves to a piece of music. I like the teamwork. It makes me feel optimistic about the human race when I see them cooperating like that”

PAUL MCCARTNEY















# CREATING ADVENTURES SNOWBALL

BY CREATING ADVENTURES

Creating Adventures put on a Christmas Snowball in Warrington.



“Life is short, make every day an adventure”

UNKNOWN















# HEATHERS RETIREMENT

BY CORONATION CENTRE

Heather has worked in services for over 30 years and has now made the decision to retire and spend some quality time making memories with her family.

Heather has worked across a variety of council services and has been involved in many successful projects throughout her years. She will be missed within our services and we all look forward to seeing her when she comes in to visit or join in with our events and to cheer us all on at the Vivo's got talent.



“Often when you think you’re at the end of something, you’re at the beginning of something else.”

FRED ROGERS







"I don't give a damn  
for a man that can  
only spell a word one  
way."

MARK TWAIN

## CHRISTMAS BREAKFAST

BY HLC

Phil, Trish & Paula came in early to cook breakfast for the staff at the HLC & Allotment. The effort they went to was amazing, the breakfast was scrumptious & we swapped Secret Santa presents. Thank you so much.







## STAFF PROFILE

BY AMY JAMES-BAILEY

I'm Amy and I've been with Vivo at the HLC since April last year! Before I came to vivo I worked at another day centre and also worked in supported living!

I'm an avid PC gamer (nerd) and spend my days telling the staff at the HLC about my virtual life and how I'm a sergeant in a fake Police Department in a virtual city; they nod and smile politely and pretend to take an interest haha! 🤔

I also love to build Lego, and spend time with my husband, Brogan (the plumber and Wrexham's 3rd strongest man (they made me add this) 🤪) and my dog Podge (the Frenchie). Don't ask me to go on a hike, or stay up past 9pm, I JUST CANT DO IT!

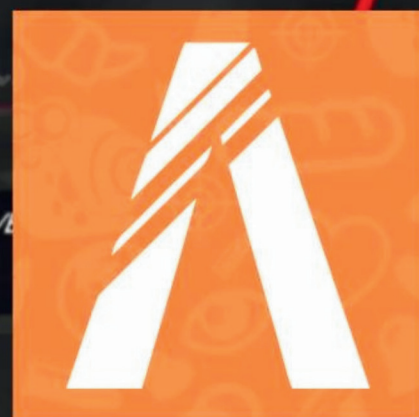
I've loved my time at the HLC so far, and I've been welcomed with open arms and now feel far too comfortable around everyone!

Thanks everyone for making me feel so welcome these past 9 months!



“I think, that if the world were a bit more like ComicCon, it would be a better place”

MATT SMITH



FiveM





**SAVE THE DATE**  
**19TH APRIL 2024**

**WIZARD OF OZ PARTY**  
**HEALTHY LIVING CENTRE**

**TICKETS ON SALE 1ST MARCH**  
**MORE INFORMATION TO FOLLOW**



# SOURCES OF STRESS

## #ADDRESS YOUR STRESS

Even happy events can cause stress in our lives. When it goes unaddressed for too long, stress can trigger mental and physical health issues.

Some common sources of stress include:

### Life changes

Leaving home, getting married or having children

Divorce or relationship breakdown

Health scares or physical illness

Accidents or bereavement

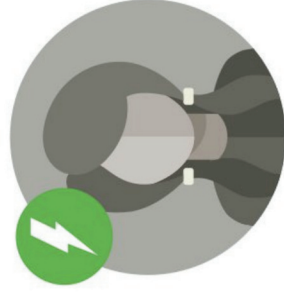
Legal issues, arrest or imprisonment

### Emotional

Peer pressure

Conflicting cultural values and beliefs

Coping with uncertainty

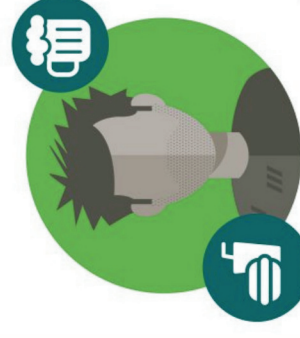


### Physical

Late nights or lack of routine

Poor diet

Misuse of alcohol or drugs



### Environmental

Poor housing or accommodation problems

Social isolation

Unemployment

Adjusting to new environments such as moving house or travel

Financial pressures



### Changes at work

Starting a new job

Coping with an increased workload or a promotion

Poor relationships with colleagues or managers

Redundancy, or the fear of it



There are simple steps you can take to **#AddressYourStress**. Check out our resources at **mhfaengland.org**



MHFA England