

BONJOUR

THE



EDITION



THIS TIME NEXT YEAR WE'LL BE  
OH ST... START  
VIVA LA FRANCE... THEY SAY IN  
ROME  
CUSHTY  
HE WHO... WINS  
MANGE TO... GE TOUT  
YOU PL... DNEY  
DUR... AR...  
EVERYTHING BETWEEN... RAIGHT DOWN THE  
I AM... LT IN  
IF IT'S A BOY... NAMING HIM  
RODNEY, AFTER DAVE  
WERE ON A WINNER HERE TRIG PLAY  
IT COOL SON, NICE & COOL  
LOVELY JUBBLY







# PHILS WISHING TREE

BY HLC

Phil's wish on the Wishing Tree was simple, yet pure gold—he fancied treating himself to a snazzy new suit, “the sort Del Boy might call très bien, Rodney!”, and heading to the Liverpool Empire to catch the Only Fools and Horses musical. As Del once said, “I just wish sometimes I had a bit of peace and quiet, that’s all”—but Phil? He’s wishing for style, laughs, and a bit of West End magic. Because let’s face it... “He who dares, wins!”

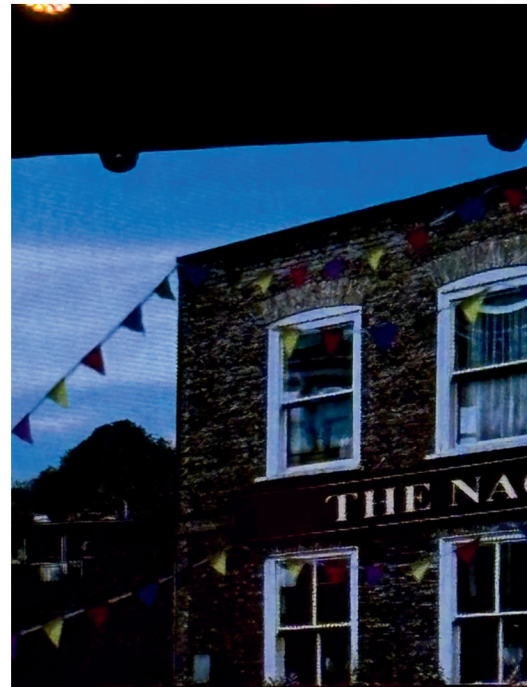


“You’ve got to look the business, Rodders. You’ve got to have style and panache, only then can you pull a bird with a Porsche.”

DEL BOY











# MARKS WISHING TREE

BY HLC

Mark's wish on the Wishing Tree was to see Bryan Adams live in concert with a friend — a dream come true. As they sang along to classics like “Summer of ’69,” the night became even more memorable when Bryan Adams gave Neil his guitar pick, a small but powerful token that made the experience truly unforgettable. It was a perfect reminder that sometimes, “everything I do, I do it for you” — moments like these are what music and friendship are all about.

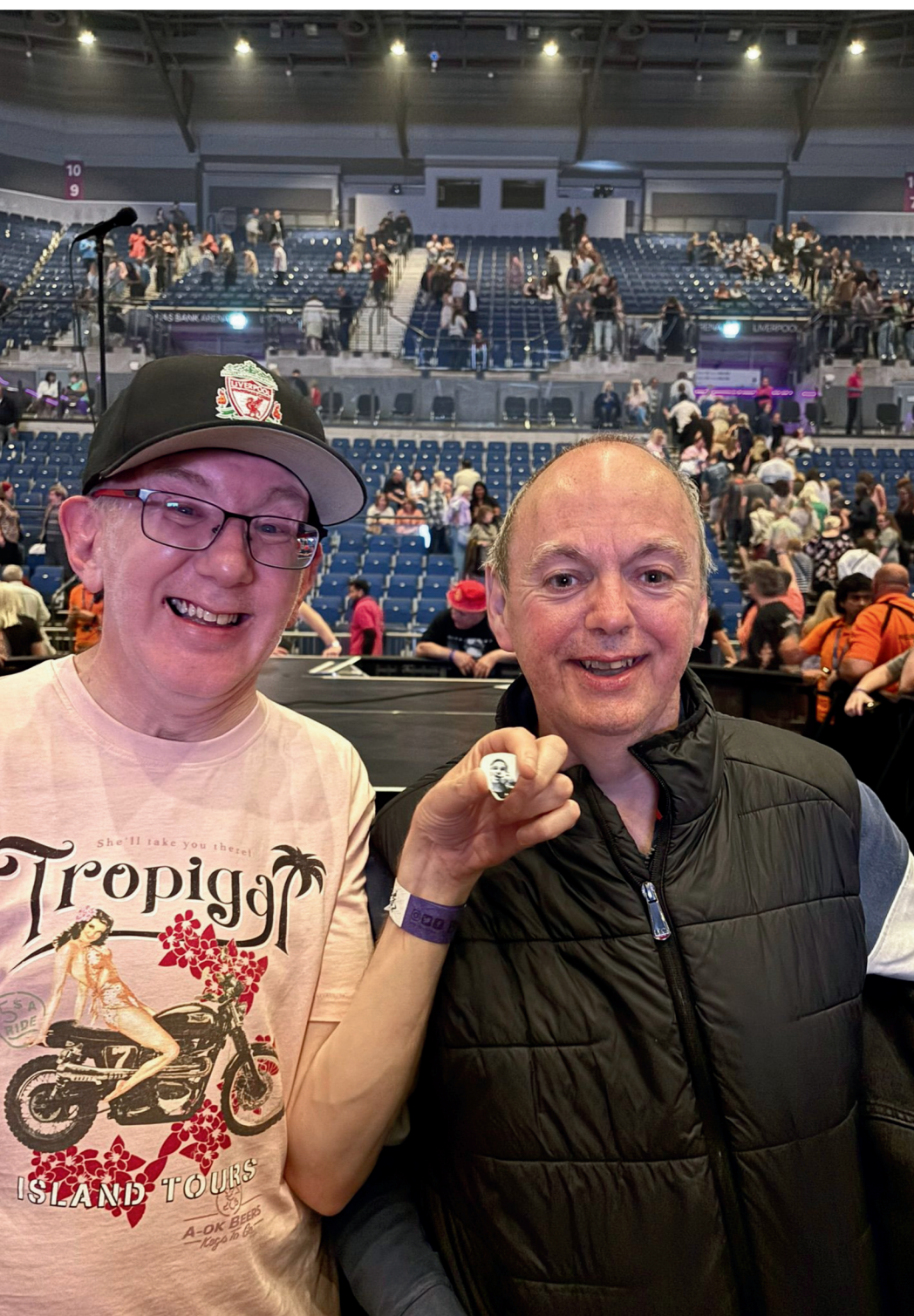


“I like the idea of helping people help people.”

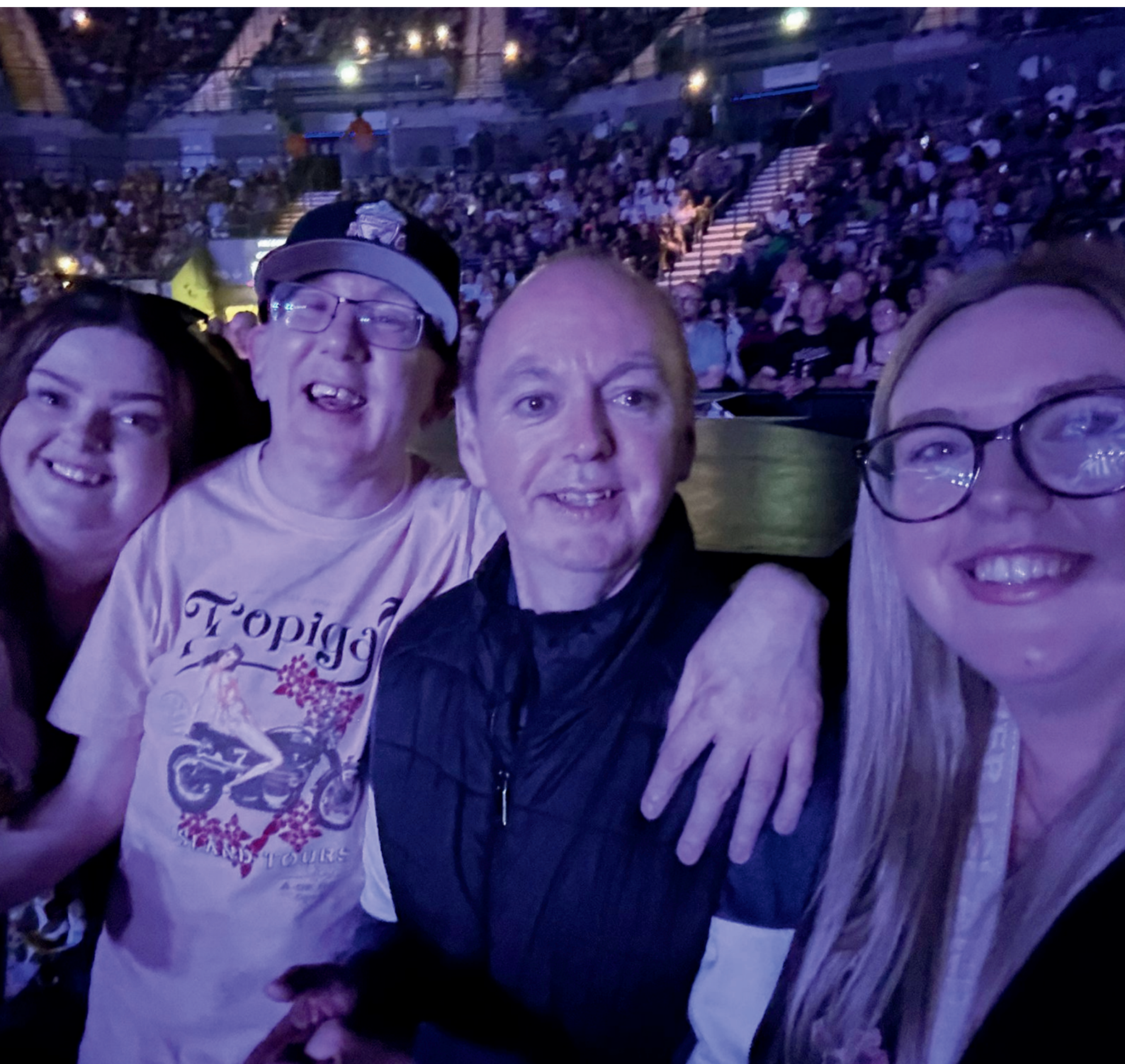
BRYAN ADAMS















## KATHRYNS 50<sup>TH</sup> BIRTHDAY

BY HLC

We celebrated Kathryn's 50th birthday with a party at HLC and her dad joined us for the special occasion.

"Let us celebrate the occasion with wine and sweet words."

TITUS MACCIUS PLAUTUS



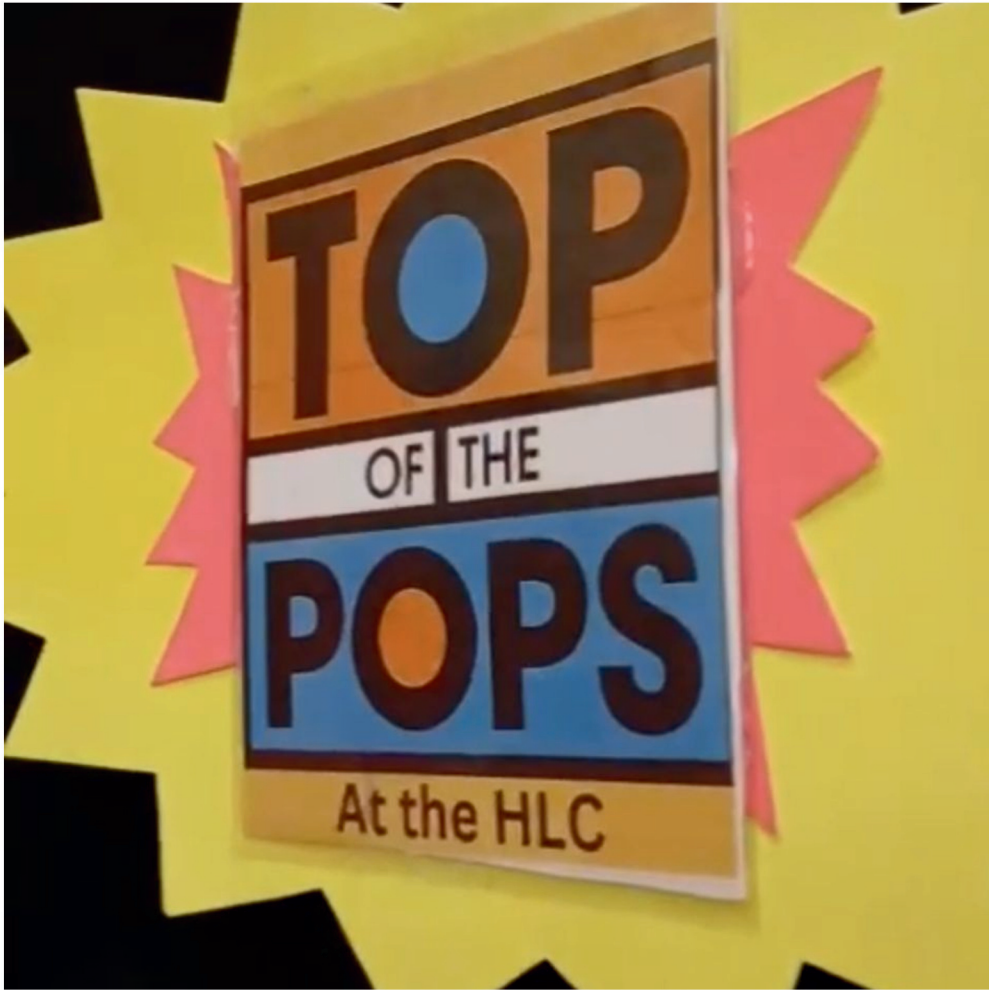




# TOP OF THE POPS

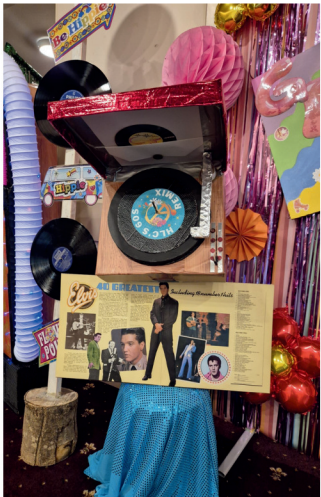
BY HLC

HLC threw a totally rad 'Top of the Pops' bash at the Civic Hall, bringing together crews from Vivo and some righteous outside agencies. The vibe was electric, and the whole day was a groovy smash hit!



“Where words fail, music speaks”

HANS CHRISTIAN ANDERSEN

















# CHESTER ZOO

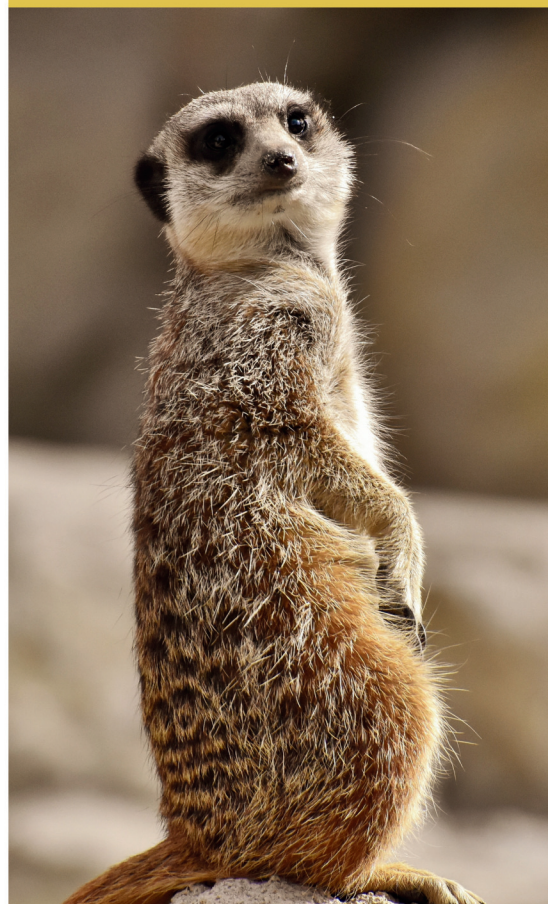
BY CORONATION CENTRE

The Coronation Centre had a wild day out at Chester Zoo — it was truly an un-fur-gettable adventure!



“Someone told me  
it's all happening at  
the zoo.”

PAUL SIMON















"But nothing makes a room feel emptier than wanting someone in it."

CALLA QUINN

## JASONS LEAVING PARTY

BY HLC

Jason has moved to Blackpool to begin a new chapter, settling near the beach and caravan park.







# VE DAY

BY CORONATION CENTRE

The Coronation Centre hosted a VE Day celebration, inviting various services from Vivo to join in the festivities, remembering Winston Churchill's words: 'This is your victory!' as everyone came together to honour the day



"We shall fight on the  
beaches, we shall fight  
on the landing  
grounds, we shall fight  
in the fields and in the  
streets, we shall fight  
in the hills; we shall  
never surrender.."

WINSTON CHURCHILL























## CORONATION STREET

BY HLC

Margaret & Kathryn visited the cobbles (after a few drinks) & met some of the stars.

"You've got as much chance of keeping a secret round 'ere as you have of keeping a tan."

BET LYNCH







# EASTER EGG HUNT

BY ALLOTMENT

The allotment hopped into Easter spirit by hosting an egg-citing Easter egg hunt, where everyone had an egg-stra special time searching for hidden treats.



“Easter is meant to be a symbol of hope, renewal, and new life.”

JANINE DI GIOVANNI















"A world without tomatoes is like a string quartet without violins."

LAURIE COLWIN

## DONATED TOMATO PLANTS

BY ALLOTMENT

The allotment have donated some Tomato plants.







# ADAPTED CYCLES AT KINGSWAY

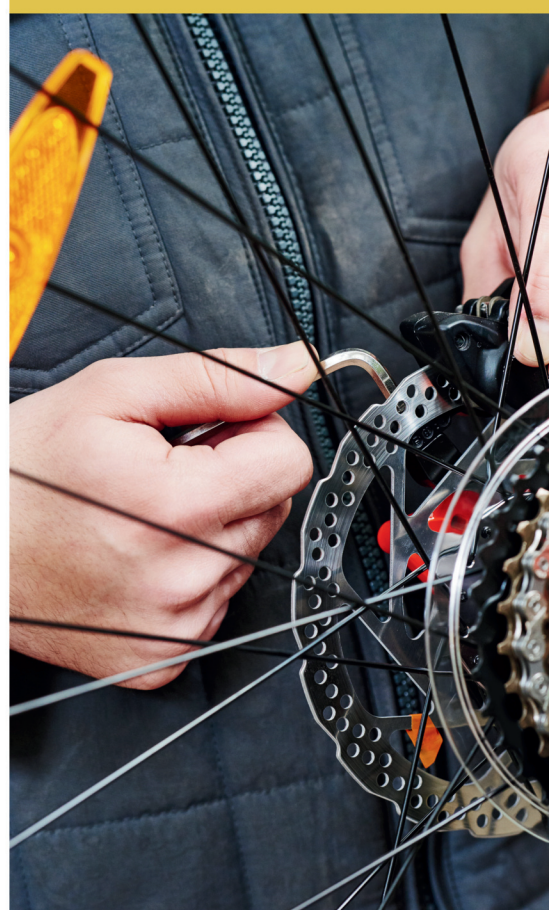
BY HLC

Kingsway and the adapted cycles session in Chester



“The hardest part is over. You showed up.”

JESS SIMS







"It is more  
rewarding to  
watch money  
change the world  
than to watch it  
accumulate"

GLORIA STEINEM

## POLY TUNNEL FUNDRAISER

BY ALLOTMENT

The allotment recently held a fundraiser to help replace the polytunnel that was sadly damaged in the recent high winds. We're incredibly grateful for the support so far, and if you'd like to contribute to getting it rebuilt, any donation—big or small—would be hugely appreciated.











"A simple life is good with me. I don't need a whole lot. For me, a T-shirt, a pair of shorts, barefoot on a beach and I'm happy."

YANNI



## BEACH BUGGIES

BY CORONATION CENTRE

Riding beach buggies at New Brighton is a fun way to take in the seaside views. They offer a relaxed, breezy ride along the beach, perfect for enjoying the coast with friends.







# ALTON TOWERS

BY HLC



“Don't worry;  
don't be afraid,  
ever, because this  
is just a ride.”

BILL HICKS











# ONLY FOOLS & HORSES

BY ALLOTMENT

The Allotment crew headed to Liverpool for a showing of Only Fools and Horses. The journey had a hiccup when a trespasser on the tracks near Bebington caused delays. But the team didn't miss a beat—within ten minutes, Cath and Donna had jumped into action, hopping into cars and buses to come to our rescue. Thanks to their quick thinking, we made it just in time to enjoy lunch on the steps of Lime Street Station. As Del Boy would say, "Transport's a nightmare, and you can't even get a decent meal in a pub these days!"—but nothing could dampen our spirits on this unforgettable day out.

"Alright Dave"

TRIGGER







"The word theatre comes from the Greeks. It means the seeing place. It is the place people come to see the truth about life and the social situation."

STELLAR ADLER

## THEATRE PORTO

BY HLC

HLC went to a performance, titled "You Know My Mum," which was both created and performed by EGO Arts, a talented performing arts group made up of adults with learning disabilities. Through their work, the group showcases their creativity, unique perspectives, and passion for the arts.







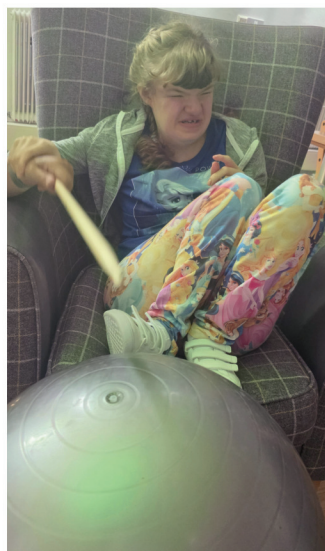
# DRUM FIT

BY CORONATION CENTRE



“I grew up using hearing aids, and I had speech therapy and so forth, and that helped me to develop a passion for music and helped me to develop my drumming talents.”

SEAN BERDY











# DANS 50TH

BY CORONATION CENTRE

A Status Quo fan turning 50 is like a timeless rock anthem—seasoned and still full of energy. Decades of classic riffs have been their life’s soundtrack, proving that true fans and great music only get better with age.



“Turning 50 means you have lived half a century of experiences, lessons, and memories and the best is yet to come”

UNKNOWN







“Water is the most perfect traveler because when it travels, it becomes the path itself.”

SOPHIE LOREN

## WATER FEATURE

BY CORONATION CENTRE

The Coronation Centre recently held a successful race night fundraiser, raising money for a new water feature. Thanks to the community's support and enthusiasm, the centre is one step closer to enhancing its outdoor space, creating a refreshing and enjoyable spot for everyone to relax and gather.





# Relating

The people around you offer a valuable pool of support so it's important to put time into strengthening those connections.

## Give it a go:

- Meet up with someone you haven't seen in a while
- Turn off distractions to chat with friends or family about your day

# Exercising

Regular activity will provide an endorphin boost and increase confidence.

## Give it a go:

- Find an activity that suits you and your schedule
- Swap the car on short journeys and cycle or walk to work



# Awareness

Taking time to switch off autopilot and 'be in the moment' is a great tool to combat stress.

## Give it a go:

- Pay attention to your senses — what can you see, hear or feel around you?
- Choose a regular point in the day to reflect



# Giving

Holding out a helping hand makes other people happy and will make you feel happier too.

## Give it a go:

- Share your skills or offer support
- Ask friends, family or colleagues how they are and listen without judgement



# 10 KEYS TO

## HAPPIER LIVING

ACTION FOR HAPPINESS

# Trying out

Learning new things is stimulating and can help to lift your mood.

## Give it a go:

- Take on a new role at work or school
- Try out a new hobby, club or activity that interests you





# Direction

Working towards positive, realistic goals can provide motivation and structure.

## Give it a go:

- Choose a goal that is meaningful to you, not what someone else expects of you
- Remember to celebrate progress along the way



Find out more about the  
10 Keys to Happier Living  
at [actionforhappiness.org](https://actionforhappiness.org)



**MHFA England**

Visit [mhfaengland.org](https://mhfaengland.org) to learn about Mental Health First Aid and how you can support a friend, family member, colleague or student with their mental health

# Meaning

People who have meaning in their lives experience less stress, anxiety and depression.

## Give it a go:

- Prioritise the activities, people and beliefs that bring you the strongest sense of purpose
- Volunteer for a cause, be part of a team, notice how your actions make a difference for others

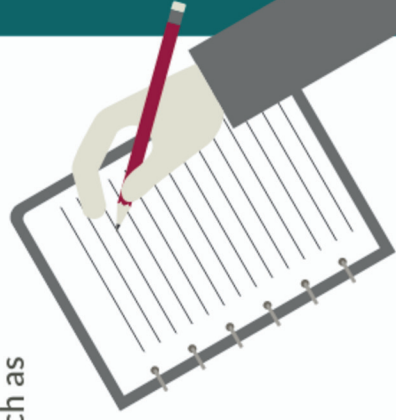


# Resilience

Although we can't always choose what happens to us, we can often choose our own response to what happens.

## Give it a go:

- Find an outlet such as talking to friends or writing it down
- Take action to improve your resilience skills



# Emotions

Positive emotions can build up a buffer against stress and even lead to lasting changes in the brain to help maintain wellbeing.

## Give it a go:

- Take time to notice what you're grateful for and focus on the good aspects of any situation
- Set aside time to have fun

# Acceptance

No one is perfect. Longing to be someone different gets in the way of making the most of our own happiness.

## Give it a go:

- Be kind to yourself when things go wrong
- Shift the focus away from what you don't have and can't do, to what you have and can do





THE HLC  
PRESENTS

# THE GREAT GATSBY PARTY

Thursday 20<sup>TH</sup> Nov

11AM-3PM

ELLESMERE PORT  
CIVIC HALL

CONTACT  
07513705558  
FOR TICKETS  
£7

