

THE

IT'S A KNOCKOUT

EDITION





LLANBERIS LAKE RAILWAY

BY HLC & NESTON

The journey takes you past the 13th century Dolbadarn Castle, across possibly Britain's shortest river and past Llanberis' twin lakes. From Llanberis the train runs non-stop through the Padarn Country Park, joining the 1845 slate railway route to run along the shores of Lake Padarn to Penllyn, and giving stunning views of Snowdon, the highest peak in England and Wales.



“It is good to have
an end to journey
toward; but it is the
journey that
matters, in the end”

RALPH WALDO EMERSON





"The sea, once it casts
its spell, holds one in its
net of wonder forever."

JACQUES YVES COUSTEAU

ABERGELE

BY HLC & NESTON

HLC & Neston took a trip over to Abergele for the day & had their lunch by the water.





PHOTOGRAPHY GROUP

BY HLC

HLC recently launched a Photography and Walking Group, their first outing was to Thurstaston, a scenic spot on the Wirral Peninsula. The group enjoyed stunning views across the Dee Estuary to Wales and took time to explore the peaceful surroundings, including a visit to the local duck pond nestled near the woodland and coastal paths.



“Your first 10,000
photographs are your
worst”

HENRI CARTIER-BRESSON



"Afternoon tea is an agreeable ceremony and a liquid oasis for stress relief"

HENRY JAMES

AFTERNOON TEA

BY ALLOTMENT

The Allotment Hub swapped muddy boots for fancy hats as they ventured out for a very civilised afternoon tea. There wasn't a spade in sight—just scones, jam, and some questionable pinky-finger etiquette.





CRAFT SESSION

BY NESTON

Neston took part in the HLC craft sessions, channeling their creativity into building some wonderfully elaborate fairy houses



"If you hear a voice within you say, 'You cannot paint,' then by all means paint and that voice will be silenced"

VINCENT VAN GOGH





"If it ain't covered
in mud, It ain't a
real truck"

UNKNOWN

ANDREWS WISHING TREE

BY ALLOTMENT

Andrew wishing tree was the the JCB Museum. The visit began with welcome refreshments, followed by a short presentation in the JCB Theatre where we watched the corporate brand video about their global manufacturing facilities and products. After that, one of the Tour Guides invited us to join a personal tour of the 'Story of JCB' exhibition, with some time to browse the JCB shop afterwards.





ITS A KNOCKOUT

BY HLC

HLC threw themselves into an ‘It’s a Knockout’ style day to raise funds for the Wishing Tree—and chaos quickly took over. Between bouncing wildly on space hoppers and desperately dodging dodgeballs, everyone questioned their life choices—but no one questioned the amount of fun had. The real victory went to whoever managed not to faceplant first—though nobody escaped without a good bounce or a near-miss dodge!



“Alone we can do so little; together we can do so much”

HELEN KELLER















WELSH MOUNTAIN ZOO

BY NESTON & HLC

Neston and HLC visited the Welsh Mountain Zoo, where the animals seemed just as curious about the visitors as the visitors were about them, though the penguins definitely looked like they were judging our snack choices!



"Zoo: An excellent place to study the habits of human beings."

EVAN ESAR





"Nothing is softer
or more flexible
than water, yet
nothing can resist
it"

LAO TZU

BOAT TRIP

BY ALLOTMENT

The allotment group enjoyed a relaxing canal boat trip on a beautiful, sunny day. Being out on the water was the perfect way to unwind and enjoy the fresh air, with gentle breezes and peaceful views all around. Everyone stayed safe and stylish wearing their life jackets, proving that safety and fun can go hand in hand. All in all, it was a fantastic day that left everyone smiling.

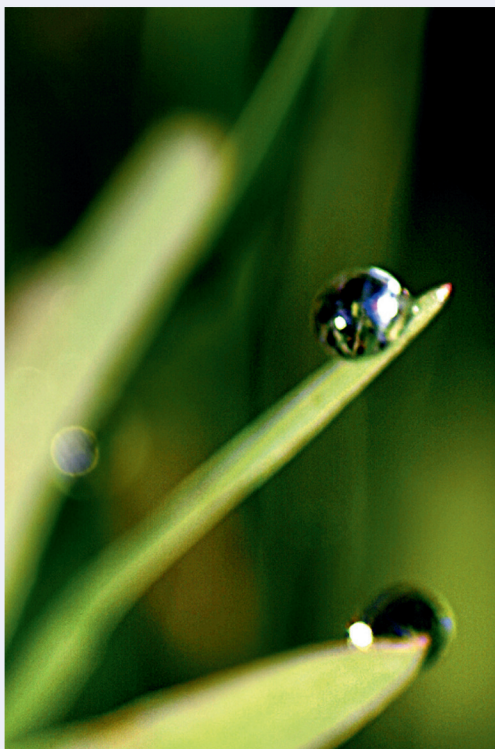




PHOTOGRAPHY GROUP

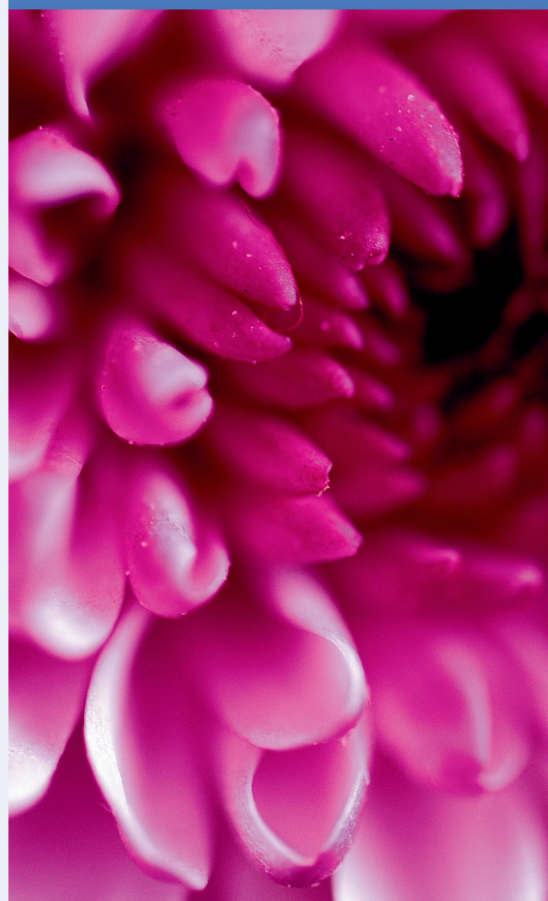
BY HLC

The Thursday photography group headed down to the allotment, where they spent the session honing their skills by taking detailed close-up shots of plants, insects, and textures found around the gardens.



“Great photography is about depth of feeling, not depth of field”

PETER ADAMS





"Zoo animals are
ambassadors for
their cousins in
the wild"

JACK HANNAH

BIG BLACKPOOL DAY OUT

BY HLC

We visited Blackpool Zoo and had a fantastic time exploring animals from around the world. From watching playful penguins to admiring majestic lions, there was something for everyone. After soaking up the wildlife, we strolled down the main drag and enjoyed some classic fish and chips an iconic seaside treat that perfectly rounded off our day. Later, we drove through the famous Blackpool Illuminations, soaking in the colourful lights before getting back around 11 PM. It was a full day of fun and unforgettable experiences!

















WELSH MOUNTAIN ZOO

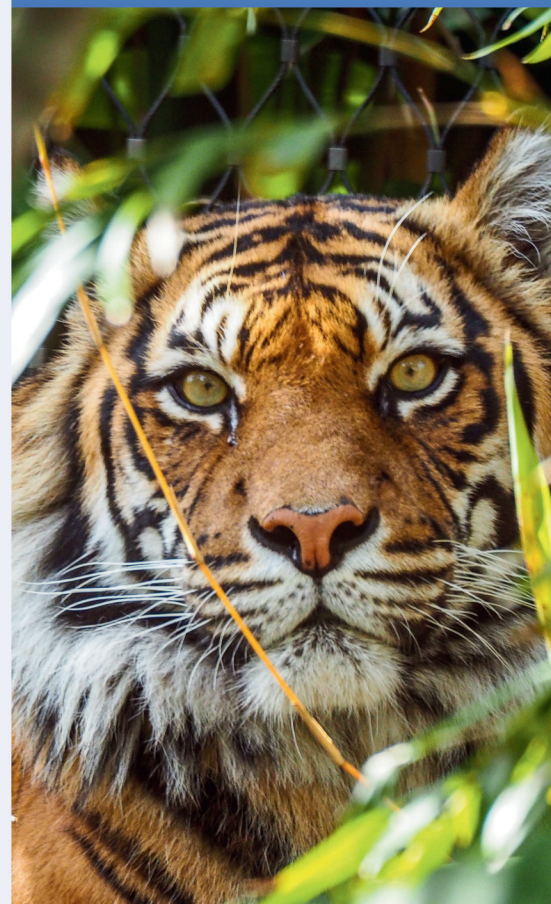
BY NESTON & HLC

Neston and HLC visited the Welsh Mountain Zoo, where the animals seemed just as curious about the visitors as the visitors were about them, though the penguins definitely looked like they were judging our snack choices!



"Zoo: An excellent place to study the habits of human beings."

EVAN ESAR





"We have wild
animals in zoos,
yet people rarely
meet their 'food'
face to face"

ELAYNE BOOSLER

KNOWSLEY SAFARI PARK

BY CORONATION CENTRE

The Coronation Centre visited Knowsley Safari Park, where animals roam freely around the park, and they even got to sit in an old Jeep.





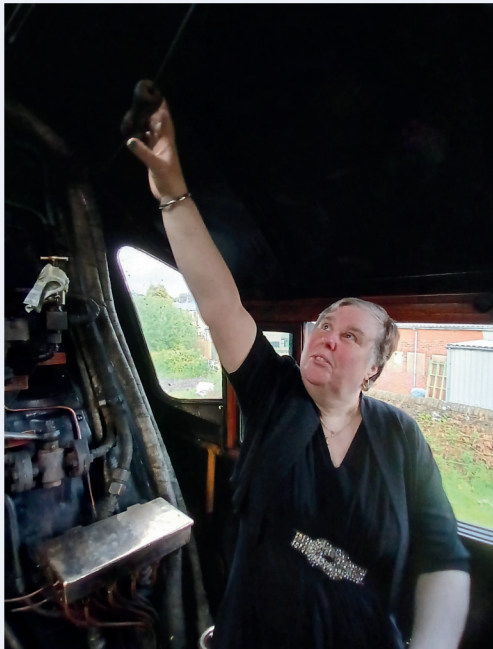




TRACEYS WISHING TREE

BY HLC

Tracey had always dreamed of embarking on a grand adventure aboard an elegant, posh train. She imagined the rhythmic clatter of the wheels on the tracks as the stunning countryside whisked by her window, while she indulged in a lavish, mouthwatering feast fit for royalty. Her wish was to experience the perfect blend of luxury and comfort, savouring every bite of an extravagant meal served with impeccable style and grace. It was more than just a journey it was a magical escape into a world of elegance and delight.



“There's something about the sound of a train that's very romantic and nostalgic and hopeful.”

PAUL SIMON



Dear Tracey.

We have loved having you on board
our dining train this evening. We
hope you have had a wonderful time
on this special day.

Love,

Gemma, Peter

& the Dining with Distinction Team

x x x.





FIRE STATION OPEN DAY

BY CORONATION CENTRE

The local fire station recently threw open its doors for an exciting Open Day event, welcoming families and community members for a hands-on experience like no other. Visitors were treated to guided tours of the firehouse, getting an up-close look at the fire engines, rescue equipment, and the living quarters where firefighters rest and prepare for emergencies.



“Firemen never know what they will encounter on each call but proceed with the same level of commitment and service”

BYRON PULSIFER







SHIRE HORSES

BY HLC & NESTON

We had the amazing opportunity to groom some of the Shire horses and learn about the care and dedication that goes into looking after them.

In addition to the horses, the centre is also home to a variety of other animals. We were delighted to see free-range chickens wandering the grounds, adding to the charm of the countryside setting. One of the highlights for many was watching the playful otters in their specially designed habitat – a fun and educational experience for all ages.

“No hour of life is
wasted that is spent
in the saddle.”

WINSTON CHURCHILL





"Nice to be here?
At my age, it's nice
to be anywhere"

GEORGE BURNS

PHILS BIG 60TH BIRTHDAY

BY HLC

Happy 60th! Here's to a true original, a man whose sandwich combinations are as unpredictable as a British summer, and somehow just as memorable. Whether he's passionately supporting Tranmere through thick and thin, casting a line on a quiet morning hoping for the catch of the day, or managing his team with that unique blend of charm and chaos, he brings character, laughter, and heart to everything he does. Life's never dull when he's around – and that's exactly how we like it.



Neurodivergence and mental health

We spoke to four neurodivergent MHFAiders® about their experiences of mental health. This is what Alex, David, Jane, and Nick would like you to know.



Key terms we'd like you to know



Neurodiversity is the concept that differences between brains is natural. When a group is 'neurodiverse', it is made up of different brain types [\(1\)](#).

Neurotypical describes people whose brain functions, information processing, and behaviours are most typical, according to what society expects.

Neurodivergent describes people who have a neurotype (type of brain) that makes their brain functions differ from the 'norm' [\(1\)](#). It's estimated that one in seven people in the UK are considered neurodivergent, which equates to 14% of the population [\(2\)](#). Neurodivergent people experience the world differently to neurotypical people. Some neurodivergent individuals may experience sensory differences, such as over/under stimulation from noise, lights, or textures, or have varied social needs, such as particular routines or specific communication styles [\(1\)](#).

Neurodiversity is not the same as mental health, but they are linked. Mental health refers to a person's emotional and psychological wellbeing. It can change over time, is influenced by life events, and affects the ways that people feel, cope with challenges, and interact with others.

We are all different

Neurodivergence is an umbrella term that includes many varied conditions. The types of neurodivergence most often talked about are **autism** and **ADHD (Attention-Deficit/Hyperactivity Disorder)**. Other conditions include types of:

- **Learning disabilities** (e.g. Down syndrome, Tourette's syndrome)
- Learning difficulties (e.g. dyslexia, dyspraxia, and dyscalculia)
- Developmental conditions (e.g. developmental language disorder)
- Brain injury [\(3\)](#)

Many neurodivergent people are medically diagnosed or self-identify with more than one neurodivergence. For example, some people are autistic and ADHD. This is common and referred to as 'AuDHD' [\(3\)](#).

All neurodivergent people are unique and have different strengths and needs. Two people with the same neurodivergence will experience the world differently to each other.



MHFA England



Association
of Mental Health First Aiders

Discrimination can impact our mental health

Neurodivergent people can face discrimination that impacts work, relationships, and independent living due to living in a world designed for neurotypical people (4). Examples might include rigid expectations of behaviours and stereotypes, or misconceptions around neurodivergence.

Some people may 'mask', adjusting their behaviour to fit in with societal norms. They may rehearse for social situations, suppress their need to move around, suppress stimulating behaviours such as hand-flapping, or hide feelings of sensory overload (6).

These pressures and barriers can lead to low self-worth, social isolation, anxiety, depression, and stress (7). And the risks of poor mental health can increase when a neurodivergent person also experiences other types of discrimination, such as racism, sexism, agism, xenophobia, homophobia, or transphobia.



37% of surveyed neurodivergent employees said they are concerned about people making assumptions about them (5).

With the right environments, we can thrive

Many happy, fulfilled, and successful people are neurodivergent. Well-known people include activist [Greta Thunberg](#), athlete [Simone Biles](#), Microsoft founder [Bill Gates](#), and CBeebies TV presenter [George Webster](#).

Neurodivergent people often possess highly desirable skills and attributes. Workplaces or communities with a neurodiverse population benefit from new ideas and fresh perspectives (1). Mentally healthy, neurodiverse workforces or communities embrace different communication styles, create awareness, and invite authenticity and connection (6).



1. The Brain Charity. Neurodivergent, neurodiversity and neurotypical: a guide to the terms [Internet]. Support for Neurological Conditions. 2025. Available from: <https://www.thebraincharity.org.uk/neurodivergent-neurotypical-explained> [July 2025]

2. NHS England. Neurodiversity. Workforce, training and education [Internet]. 2024. Available from: <https://www.hee.nhs.uk/our-work/pharmacy/transforming/initial/foundation/resources/edi/neurodiversity> [July 2025]

3. National Autistic Society. Autism and neurodiversity [Internet]. Available from: <https://www.autism.org.uk/advice-and-guidance/topics/identity/autism-and-neurodiversity> [July 2025]

4. Scope UK. Social model of disability [Internet]. Available from: <https://www.scope.org.uk/social-model-of-disability> [July 2025]

5. Chartered Institute of Personnel and Development. Thompson E, Miller J, YouGov Plc. Neuroinclusion at work [Internet]. 2024 Jan. Available from: <https://www.cipd.org/globalassets/media/knowledge/knowledge-hub/reports/2024-pdfs/2024-neuroinclusion-at-work-report-8545.pdf> [July 2025]

6. British Psychological Society. Reynolds E. Dropping the mask takes two [Internet]. 2025. Available from: <https://www.bps.org.uk/research-digest/dropping-mask-takes-two> [July 2025]

7. Campaign Against Living Miserably (CALM). Neurodiversity [Internet]. 2024. Available from: <https://www.thecalmlzone.net/guides/neurodiversity#how-can-being-neurodivergent-affect-mental-health> [July 2025]