



THERE'S NO PLACE LIKE HOME

EMERALD EDITION

Down the yellow brick road, where planes soar, pizzas twirl, and ducks
waddle in harmony, lies centres of enchantment.



PIZZA DAY

BY CORONATION CENTRE

Everyone enjoyed making their own pizzas at The Coronation Centre and really enjoyed tasting them once cooked..



“Pizza makes me
think anything is
possible”

HENRY ROLLINS





"Life is like a rollercoaster, live it, be happy, enjoy life "

AVRIL LAVIGNE

ALTON TOWERS

BY HLC

HLC had their annual trip to Alton Towers, the day was a rollercoaster of emotions, everybody enjoyed themselves









CHESTER ZOO

BY THE CORONATION CENTRE

Leon enjoyed visiting Chester zoo, especially in the theatre, where the theme is now Native coasts and offers a very immersive sensory experience.



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

EVAN ESAR





"The true object
of all human life
is play. Earth is a
task garden;
heaven is a
playground."

GILBERT K CHESTERTON

WHITBY PARK

BY THE CORONATION CENTRE

Laura decided she would like to go on the swing and really enjoyed it.





ADAPTED CYCLES

BY NESTON

Neston have restarted the adapted cycles at Kingsway in Chester.



“Nothing compares to the simple pleasure of a bike ride.”

JOHN F KENNEDY





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GILBERT K CHESTERTON

SENSORY SWINGS

BY NESTON

Vicky took a trip to the Allotment and used the swings.





EASTER EGG HUNT & PARTY

BY THE ALLOTMENT

The allotment had an Easter egg hunt all over the allotment this Easter, followed by an eggcellent buffet.



“The bagel is a lonely roll to eat all by yourself because in order for the true taste to come out you need your family. One to cut the bagels, one to toast them, one to put the cream cheese on, one to put them on the table and one to supervise.”

GERTRUDE BERG





"A ship in port is
safe, but that's
not what ships are
built for."

GRACE HOPPER

PORT & ANCHOR

BY THE CORONATION CENTRE

The Coronation centre visiting the Port and Anchor for a brew and an ice cream. They enjoyed taking advantage of the sunshine and got to see a ship passing through.





PROP PREPARATION

BY HLC

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



"And finding the hat, I always like to find the hat. And then props just dress the set. It's all fabulous."

MORGAN FREEMAN





"People go to the zoo and they like the lion because it's scary. And the bear because it's intense, but the monkey makes people laugh."

LORNE MICHAELS

ZOO TRIP

BY THE CORONATION CENTRE

Jonny enjoying a day at Chester zoo.





WIZARD OF OZ

BY HLC

HLC put on a Wizard of Oz event, the day was awesome, 100+ people turning up to support us.



“I have a heart, for
I am a living
person”

TIN MAN







"There are shortcuts
to happiness and
dancing is one of
them."

UNKNOWN

CHESHIRE DANCE

BY CHESHIRE DANCE

Jane and Ruth from the Wanna Dance? Project have been spending time each week in Coronation Centre, Canal Street and Lightfoot Lodge asking...Do you want to dance? Jane and Ruth have 1:1 dances with members of the Vivo community with PIMD. Some of us have very energetic dances, some of us like to relax in our dance, some of us use all our body, some of us make smaller dances using sound singing and touch. We recently shared our dancing experiences at the PMLD Conference 2024 through showing the WannaDance film we made last year.

If you haven't seen it yet visit: <https://tinyurl.com/Cheshire-Dance>
Jane McLean (Creative Director, Cheshire Dance) and Ruth Spencer (Part time Senior Lecturer in Dance at University of Central Lancashire) bring over 50 years of combined experience working within dance, as performers, makers and facilitators, working nationally and internationally. The Wanna Dance? project is borne out of a shared belief in the importance of access to the arts for all. Jane and Ruth have a commitment to involving people with PIMD in decisions about their dancing, asking if they would like to dance, and if so, how that dance might be?

Wanna Dance? is a Cheshire Dance project funded by Vivo Care Choices, Cheshire Dance, Postcode Lottery, Marjory Boddy Trust and the Anne Duchess of Westminster Fund.

For more information contact: www.pml-dance.org





CHOCKS AWAY

BY CORONATION CENTRE

The Coronation centre did several trips to Chocks away and got to see the Beluga taking off. They enjoyed lunch in the café and an ice cream afterwards.



“When once you have tasted flight, you will forever walk the earth with your eyes turned skyward, for there you have been, and there you will always long to return.”

LEONARDO DAVINCI









"You are not alone.
You are seen. I am
with you. You are not
alone."

SHONDA RHIMES

IT'S MENTAL

BY MENTAL HEALTH CHAMPIONS

Its Mental: Live at Bolton Wanderers football ground in March. As the MH team for HLC/Neston, Paula, Phil and Wendy went along. It was a brilliant day with 13 wellbeing zones and 60 guest speakers. All aimed at improving your mental and physical wellbeing and supporting other to improve theirs. Phil was excited to meet an ex Tranmere player Simon Haworth who was 1 of the speakers and I had a go at lifting the RL Challenge Cup, as the current holders owner Derick Beaumont was also speaking, Wendy was just happy getting all the freebies from the display tables.





ALLOTMENT VISITORS

BY ALLOTMENT

Martin visited and helped with the raised beds, along with two other visitors.



The ornament of a house is the friends who frequent it."

RALPH WALDO EMERSON



"Cows are amongst the gentlest of breathing creatures; none show more passionate tenderness to their young when deprived of them; and, in short, I am not ashamed to profess a deep love for these quiet creatures."

THOMAS DE QUINCEY



STAFF PROFILE

BY STACIE OAKES

Last year, I embarked on a new chapter by moving from Winsford to Ellesmere Port to live with my wonderful partner, Chris. This move coincided with a professional transition as I transferred from Northwich Day Service to my new role in April.

My time with the VIVO Makaton Choir holds a special place in my heart. Performing at events like the Learning Disability Conference, Live @ the Civic Music Festival, Disability Pride in Chester, the Winsford Light Switch On, and various street festivals was incredibly fulfilling. Two of my favorite Makaton songs to perform are "A Million Dreams" from The Greatest Showman and Paloma Faith's "Make Your Own Kind of Music". Being part of the choir was so rewarding; it was heartwarming to see people of all abilities come together through the joy of music.

My career in care spans various fields, including palliative, rehabilitation, nursing, and learning disabilities. Each role has been a unique and enriching experience, allowing me to grow and make a positive impact on those I care for.

Personal Touches

- Favorite Colors: Blue and Purple
- Pet: I have a quirky cat named Luna the Lunatic.
- Hobbies: I love crafting, community sessions, and spending time outdoors. Walking and visiting family are some of my favorite pastimes.
- Favorite Place: The beach! Despite my dislike for sand, I adore hunting for sea glass.
- Favorite Meal: Sweet chili salmon with veggies is my absolute favorite dish.
- Entertainment: I enjoy immersing myself in a good Netflix series or a captivating book.
- Music: Listening to music is a constant joy in my life.
- Favorite Animal: My new favorite animal is the Highland cow. During a recent trip to Scotland, I was thrilled to have Highland cows right in the backyard of our accommodation.

Each day brings new adventures and moments of joy, and I'm excited to see what the future holds!

WEEKLY WELLBEING CHECK-UP

#ADDRESS YOUR STRESS

Try using this list each week to check in with your mental health

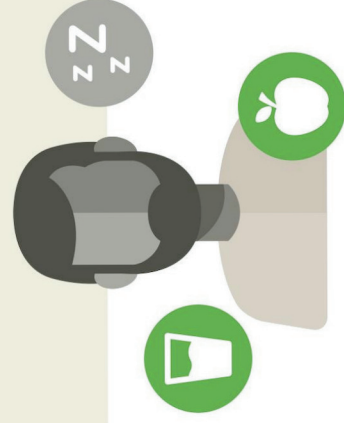


Where's my mental health today?

How do I feel today?

Mentally?

Physically?



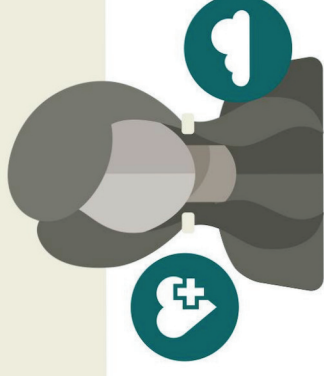
Looking after my wellbeing

Am I drinking enough water and eating a balanced diet?

How did I sleep last night?

Did I feel rested when I woke up?

Is there anything I can improve?

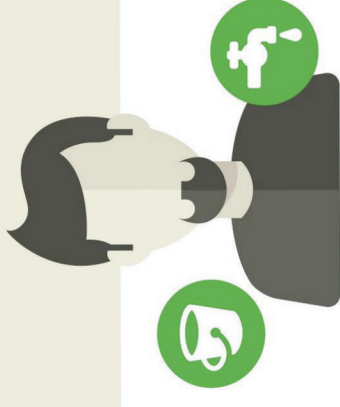


How's my thinking today?

How are my thoughts making me feel?

Am I having unhelpful thoughts?

For free resources on spotting and challenging unhelpful thoughts, visit getselfhelp.co.uk or create Your Mind Plan with **Every Mind Matters**



My Stress Container

How full is my container?

Am I using helpful coping strategies?

Are they working?

Learn about your stress container here: mhfaengland.org/mhfa-centre/resources



MHFA England

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