

# SPEAKING SPACE SCOOP



Edition 2  
June 2023

Welcome to the second edition of our seasonal newsletter written and compiled by members with learning disabilities at Speaking Space Day Service in Romsey. We will continue to deliver the Speaking Space Scoop regularly throughout the year to various locations around the town, as well as publish on our Facebook page.

## Coronation celebration

Like the rest of Great Britain, we also had our own small celebration for the coronation of King Charles 3<sup>rd</sup>. On Monday 8<sup>th</sup> May we gathered in our training room, which was nicely transformed by Faye and Kirsty, two staff members at Speaking Space, into a decorative environment for us to get together and enjoy the special event. Some of us baked cakes previously so that we could all take part in decorating them while we watched the coronation ceremony on a large screen at one end of the training room. We had a lovely long table set up for lunch together and buffet foods for us to eat including sandwiches, sausages, crisps and special sparkly glasses to have our drinks in. We raised our drinks in honour of our new King and had a wonderful day with lots of smiles and memories made. In the afternoon some of us took part in a talent show, performing to an audience with dancing and singing. Our very own Jonathon performed a memorable and majestic version of our new national anthem while others chose to dance and sing-along to Madness, the Black Eyed Peas and Wham among many more!



## I-Space

In I-space (independence skills) we have followed a variety of recipes to produce some tasty meals for our lunches. When we know exactly what we will need, we then go shopping at Waitrose where we can practice our social skills with members of the public and the lovely staff who always say hello to us and ask us what we'll be cooking on that day. When we return, we each do a job or two in our group to prepare and cook our meal for the day. Sometimes Faye will direct us and sometimes Mike will, depending on which member of staff is leading our session - but we must say, our meals taste that much more delicious when Mike has cooked with us. We like to choose from a diverse selection of meals like stir fry, pasta bakes, bolognese, fajitas and burritos but our favourite is mozzarella burgers with homemade coleslaw and sweet potato fries...Yum! Below is a fun wordsearch containing some of the things we've cooked recently....

E	A	Q	X	L	R	F	V
S	B	U	R	G	E	R	F
E	U	I	N	I	W	P	Y
N	R	B	P	G	S	C	F
G	R	S	P	A	S	T	A
O	I	E	A	C	J	O	J
L	T	I	M	L	E	U	I
O	O	R	T	K	A	Z	T
B	D	F	L	H	N	D	A

burger, fajita, burrito, bolognese, fries,  
pie, pasta, salad.

## Total Communication

At Speaking Space we make every effort to create and maintain a 'total communication' environment using signing, symbols, other visuals and a high emphasis on our body language, self-awareness and conversation skills/verbal communication. Below we have Jonathon, our Communication Ambassador, supporting members with communication visuals to help them share news in their groups. Jonathon and other members can also focus on asking questions in relation to what is being shared, which practices and models good listening and conversation skills.



## Can we help you?

We are always keen to do volunteering in the Romsey area and would love to hear if you or your organisation would like any support from our members. Please contact us on (02380) 987134 or at [dayservice@speaking-space.co.uk](mailto:dayservice@speaking-space.co.uk) if you have any opportunities that you think we could help with. Thank you and we hope you enjoy reading the Speaking Space Scoop!

### Meet Kirsty...

Kirsty has been working at Speaking Space as a Communication Facilitator since April this year and is one of our newest members of the team. We are very lucky to have such a wonderful asset with us! Our lovely member Harry interviewed Kirsty exclusively for the Speaking Space Scoop and this is what she had to say...

**Harry:** *What do you like about Speaking Space?*

Kirsty: I love how friendly everyone is!

**Harry:** *What's your favourite session at Speaking Space?*

Kirsty: I really enjoy Talkabout sessions and Art.

**Harry:** *What's one of your favourite hobbies?*

Kirsty: Probably spending time with my horse, her name is Ziggy.

**Harry:** *What is your favourite type of food?*

Kirsty: Pasta! Actually I love anything Italian.

**Harry:** *What 3 words best describe you?*

Kirsty: Organised, supportive and imaginative.

**Harry:** *If you could have one superpower, what would you choose?*

Kirsty: Invisibility.

**Harry:** *And finally, what do you enjoy doing when you're at home?*

Kirsty: I like watching TV, I'm currently binge watching Waterloo Road.



*"I love working at Speaking Space because of how friendly everyone is, we're like a family and I feel so fortunate to be part of the team"*

### Harry & Matthew's Unusual Facts: *Did You Know...?*

- Rollercoasters were invented to distract Americans from sin.
- Ice-pops were invented by an 11 year old, by accident.
- It's impossible to hum while holding your nose. Try it!
- In the Philippines, McDonald's serves spaghetti.
- It is impossible for most people to lick their own elbow.
- A shrimp's heart is in its head.
- It is physically impossible for a pig to look up into the sky.

### Music Facts from Harry:

- The Beatles were originally called Quarrymen back in 1960.
- JLS split up in 2012.
- Noddy Holder left Slade in 1992.

### Want to know more?

If you are interested in finding out more about our fantastic day service, focusing on our members learning and working towards their long term goals, or you are interested in any staff vacancies we may have, please visit our website for more information - <http://www.speakingspace.co.uk> or call (02380) 987134

### Our Romsey Abbey gardens volunteering!

This spring we have been very fortunate to have started volunteering at the Romsey Abbey gardens as part of our session time with Speaking Space, building a great new relationship with the local community and Sue Lloyd who looks after the abbey gardens. We've helped by carrying out maintenance work through the flower beds, weeding, tidying and wheel-barrowing waste as well as planting up and watering new shrubs and bedding to continue to make the gardens a place of beauty that the public can visit and relax in. Not only this, but our time spent has been and will continue to be an excellent way for us to practice our social and communication skills with members of the public who have been so friendly and often stop to chat to us. We hope to be able to spend more time helping through the summer and may even stay for a longer session to have a picnic lunch if the weather is fine.



### Harry's Jokes:

1. Why couldn't the bad sailor learn the alphabet?
2. Why do we tell actors to "break a leg"?
3. What did one traffic light say to the other?
4. Why couldn't the pony sing a lullaby?
5. What has four wheels and flies?
6. Why was 6 afraid of 7?
7. What has ears but cannot hear?

Answers: 1. Because he always got lost at "C". 2. Because every play has a cast. 3. Stop looking, I'm changing! 4. She was a little hoarse. 5. A garbage truck. 6. Because seven, eight nine, 7. A cornfield.