

Bowling at Lakeside



A great time was had by everyone. Our next bowling match will be on Tuesday 27th September from 4pm. Call Maggie on 01635 36044 if you want to come.

Healthy eating session

Sandy Pearson reports on the Tuesday Group's Healthy eating session held on 3 May at the Phoenix Centre. Community Nurse Felicia advised that it is important that people eat healthy food, and try to avoid food that is not good, such as too much fat, salt and sugar. If you have an allergy or intolerance to anything such as nuts, wheat, spices or dairy produce, make sure someone knows about it, especially people who prepare food for you. Also, tell people if you have special needs such as being diabetic, or you are on a diet for some reason.

Fruit and vegetables are vital sources of vitamins and minerals, and it's advised that we eat five portions a day. There's good evidence that people who eat five portions a day are at lower risk of heart disease, stroke and certain cancers. Just one apple, banana, pear or similar sized fruit is one portion. A slice of pineapple or melon is one portion, and three heaped tablespoons of vegetables is another. A glass of fruit juice also counts as one portion, but more than one cannot be counted because juice only counts as one portion no matter how much you drink.

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Registered Charity Number: 1030678

IT'S MY LIFE!

Self Advocacy Group

Part of West Berkshire Advocacy - WEBCAS

SUMMER 2011

Making the most of our world

All aboard Hannah!



Everyone had a great time on the Hannah on our trip in May from Hungerford to Newbury. Many thanks to the Rotary Club and to Roger for being our skipper for the day.

It's My Life is supported by:



Richard Benyon interview



Maria Denness, Paul Murphy and Marie Kingston went to interview Richard Benyon MP at the Conservative Association in Newbury. He answered all our questions. You can see the interview on our website at www.itsmylifewestberkshire.org

Newsletter co-editor

I am one of the co-editors of this newsletter. I go to the It's My Life office in Bolton Place every Monday morning from 10am until 12 noon. I work with Maggie and Roger helping to write articles for the newsletter on the laptop computer, and make pictures to go in the newsletter. We have a laugh, and I have to get the milk for our tea.



Sandy Pearson

Hate Crime Centre



Richard Morrison

Hate Crime Assistant Richard Morrison has been busy getting people to sign a petition for the Mencap 'Stand By Me' campaign to put an end to disability hate crime. The Hate Crime Reporting Centre is open for people who may be experiencing a hate crime and are finding it hard to speak up about it. Some people are afraid to go to the police, and others are worried that things will get

worse if they report it. You can drop in and talk to us and we can make a record of what has happened and report the incident to the police, or we can just sit and listen and offer support if that is what is needed. Our Hate Crime Reporting Centre is open every Wednesday from 10 until 12 at our office at Bolton Place in Newbury. We are also happy to come and give a small presentation and talk to groups of people about hate crime. Call 01635 36044 for more details.



St Nic's coffee morning

This picture by Sandy Pearson shows one of the beautiful stained glass windows of St Nicolas's church in West Mills, Newbury. The coffee morning is on Thursday 21 July from 10am until 12 noon. Come and join us! If you would like to donate any cakes or tombola prizes, please drop them in to the office.

Our first Lunch Clubs



Our first two It's My Life Lunch Clubs in May and June were a great success. The Diamond Tap pub in Newbury made us very welcome, as did The Swan in Thatcham. Everybody enjoyed a good lunch and made new friends. The next one is on Wednesday July 20th at 12.30 at The Bacon Arms in Newbury.

Sponsored wash-out walk!

Seven It's My Life members decided to have a go at the 6 mile Rotary Club Sponsored Walk on Sunday 12th June to raise some money. Sadly it was the rainiest day of the year and we had to cancel going as the slippery paths would have made it dangerous for some of our members. "Not to be beaten" Karen Winter said, "it was very very wet and disappointing that the others couldn't walk as well, but I did enjoy the walk....and the hot chocolate at the end." Karen raised an amazing £270 for It's My Life. Well done Karen!! The other members of the group who were unable to brave the weather will complete their sponsored walk at the Thatcham Discovery Centre in August (when hopefully the weather will be better!!!).



Karen Winter enjoying hot chocolate