



No Limits

**Newsletter Issue 5
Winter 2017/2018**

It has been a busy summer here at **No Limits**  Here is a collection of some of what has been going on.



The Pink Lady – Helen Clayton's Sparkle Walk

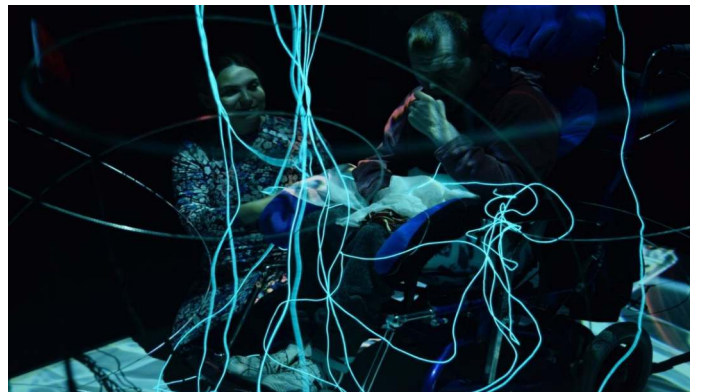
Helen raised £80 for Ashgate Hospice by doing a sponsored sparkle walk to raise awareness and money. Helen was her usual happy self, chuckling, smiling and dancing the whole way around Queens Park.

Helen is yet another testament to the spirit of those who attend No Limits –

we don't have any limits, so we can do what you can do! We are so proud of all the hard work Helen put into this day and the unique style in which she completed the walk.

The Level Centre

Scott was fully engaged with this installation as he was able to move through it and be part of the art himself. It was set in a dark room with bright lights hanging from the ceiling which Scott was able to have wrapped around him and also hold. Scott enjoyed being able to move spirals of metal that hung from the ceiling. He was relaxed, calm and made some fascinating sounds that were echoed around the room for all to hear through a microphone. Scott is always amazed by the projects on offer at The Level Centre as they allow him to explore his environment and express himself as he truly is.



Milkshake at Qoozies Time!

Helen really enjoyed her first trip to Qoozies for a chocolate milkshake. Helen chose the Nutella Milkshake with whipped cream, ice cream and a chocolate flake! She enjoyed saying hello to the staff and watching the world go by on this lovely day.



Emma's Halloween Ready!!

On a very spooky 31 October, Emma was supported to carve a pumpkin to help her to get into the Halloween spirit. Emma enjoyed listening to Halloween music and the smell of the pumpkin. Emma was also dressed for the occasion sporting a bracket made of green skulls.



Magna

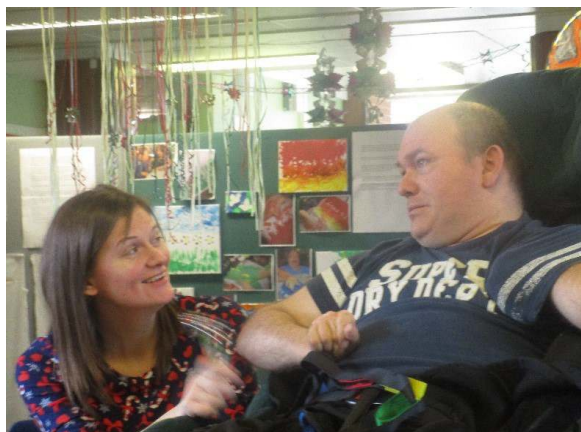
Ian spent the day at Magna exploring the fire exhibition. Ian really enjoyed this section and was focusing on the changing of the light as the flames swirled all around him. Ian is a very unique individual who has a sensitivity to the world around him which we can all learn from.

Lyndon Enjoying a Spa Session!

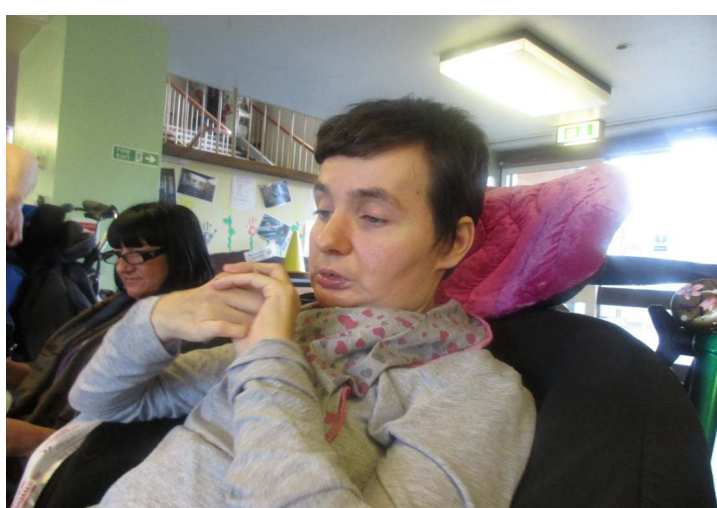
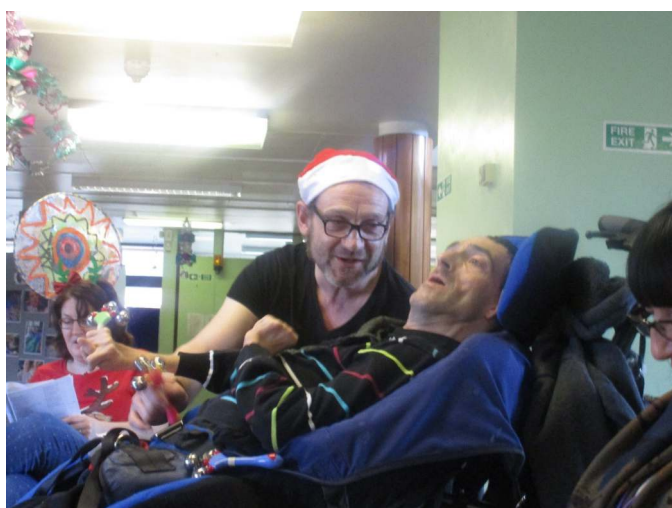
Lyndon thoroughly enjoys his feet and hands being massaged with lotion but didn't own any foot soaks, so off he went to the body shop and was supported to choose his favourite scent. He chose green tea which is very kind to the skin and produces a wonderful aroma. Lyndon was then supported to have his nails filed and massaged. He obviously made a great choice as he looks extremely relaxed and is clearly enjoying his new products.



Christmas Carols with the Salvation Army



The people here at No Limits spent another great morning with the Salvation Army at our annual Christmas Carol event. Helen and Scott could not stop smiling and laughing the whole way through and used bells to add to the vocals provided by the Salvation Army. Dean, Kelly and Lyndon can be seen really focusing on the sounds and people performing. We look forward to a repeat performance next Christmas!



Christmas Fair



Everyone here at No Limits would like to say a huge thank you to those of you who attended this year's Christmas Fair and made it unforgettable. There were so many new and old faces. It really was an absolute treat for people to be able to connect with new friends and reconnect with old ones.

The tea and coffee was flowing, with a large selection of Christmas classics such as mince pies and chocolate yule log. The whole building was filled

with warm and friendly chatter of friends sharing their time with each other. There were a number of activities arranged for the day including a snowflake parachute! Geoff had arranged for people to experience the sensation of snowfall through sight, sound and touch by using large fake snowflakes, silver reflective card and polystyrene balls to create the snow. These were all placed onto the centre of the parachute. Each person held part of the parachute and they raised it above their heads, causing the snow to cascade down and simulate snowfall. Everyone absolutely loved it and were able to move underneath the parachute as it was raised adding an extra dimension of fun, stimulating as many senses as possible.

We created individual Eton Mess desserts as demonstrated by Jason above. We all wore our Christmas jumpers to add to the atmosphere.

There was a raffle, tombola and craft stalls which everyone enjoyed engaging with. Like always some great prizes were on offer.

Helen and Scott's German Themed Christmas Meal at Einstein's



Helen and Scott were supported to share a Christmas meal together. They went to Einstein's German themed restaurant and bar to try out some festive but modern meals. Scott really pushed the boat out and tried a “Jammy Dodger” mocktail which he drank every last drop of, and a “Currywurst” which is all the rage in Europe, containing sliced sausage in a thick curry sauce, served with garlic mashed potatoes. Helen enjoys british classics so sampled the sausage and mash, followed by the sticky toffee pudding and custard. A great day was had by all!

Emma and Kelly at the Nutcracker Ballet



Emma and Kelly were both supported to attend the Nutcracker ballet at the Lyceum theatre in Sheffield. Neither had ever attended a ballet so it was a first for everyone involved. As you can see from the picture above Kelly and Emma were absolutely transfixed by the entire performance as they could not take their eyes from the stage. Kelly and Emma were following the dancers around the stage with their eyes and engaging with all the extravagant colours and textures of the materials which made the beautiful costumes the dancers wore. There was even an interactive part where snow fell from the ceiling onto the audience and cannon balls were fired causing sparks. The live orchestra just added an extra element of wonder to a truly stunning day.

The Aerospace Engineering Department at The University of Sheffield



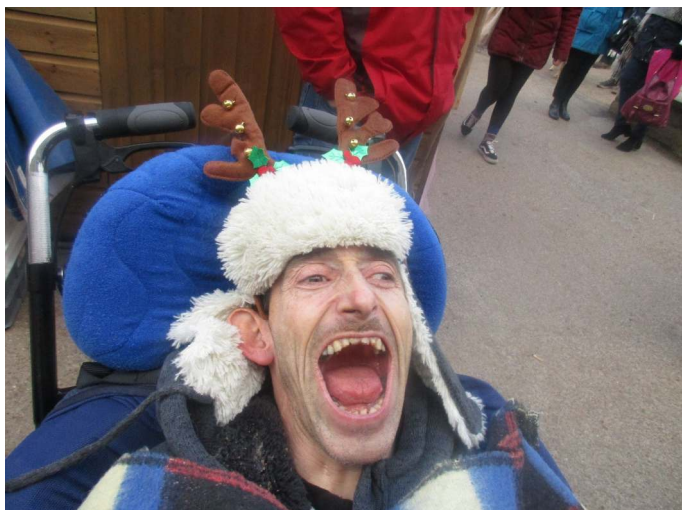
Scott can be seen here with Dr Andrew Gerrard a lecturer with the fluid propulsion division. Scott received a personal guided tour of the facilities and mingle with a number of prominent professors in the field of aerospace engineering. He was able to experience flying a plane from Sheffield to Chesterfield on the simulator. He was also able to see how engines work and hear the great sound the engines make at take off by pushing the main control which powers the engine in a simulator. The part Scott enjoyed the most was the fluids laboratory where huge displays were filled with water with different pressures and obstacles to demonstrate the forces at work within.

Dean and Jason at Nonna's Bistro



Jason and Dean popped out for a drink and a bite to eat. Jason enjoyed a hot chocolate and a tiramisu and Dean enjoyed a nice pot of tea.

Lyndon and Kelly at Chatsworth



Kelly and Lyndon had a great day out at Chatsworth Christmas Markets and House. This year the theme of the decorations at Chatsworth was Charles Dickens and the entire of the inside of the house was decorated to portray famous scenes and characters from Charles Dickens novels.

The staff become live actors portraying the characters from the books allowing you to interact physically with the worlds created in the novels. It was an extremely interactive experience that was new to both Kelly and Lyndon.



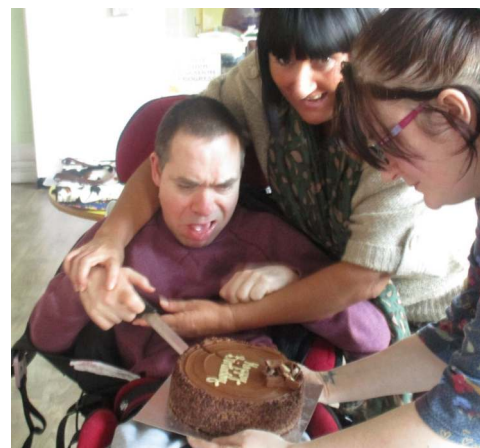
Happy Birthday!!



Dean turns 42



Scott turns 43



Darren turns 43

Important Dates for the future:

- Royal Coffee Afternoon - 16 May 2018
- World Cup Day - 4 July 2018
- Summer Fayre - 25 July 2018
- Space Themed Coffee Afternoon - 10 October 2018
- Christmas Fayre - 5 December 2018

Closure Dates:

- 27 April 2018

Who are we

We are one of Derbyshire's first specialist community day service providing day opportunities for adults with profound and multiple learning disabilities. Our aim is to enable people to live a full and active life while ensuring their emotional, physical health and support needs are fully met.

We are based on the ground floor at West Street Resource Centre close to Chesterfield town centre. However, we are not entirely building based as there is a significant focus on community based activities.

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