

Here's the score from

# NETWORK



# 4



I S S U E 1

Creepy Crawlies!

Events

Holidays

Staff in Brief!

Seasonal Greetings

Birthdays

And much more!



# NETWORK 4

# IN 2016



# HELLO AND WELCOME

## Greetings one and all!

Welcome to 'Here's the Score from Network 4', your one stop location for all things Network 4 related! It's our first edition, so we really hope you enjoy, and if you're reading this before Christmas, season's greetings to everyone.

This edition is a review of all the goings on in 2016, including events, birthdays, holidays and the first of our (soon to be) regular feature, Staff in Brief. (No, not staff in briefs...!)

We're going to make this a quarterly affair in 2017 so we want all your stories for future editions. Please email [lisa.davies@communitylives.co.uk](mailto:lisa.davies@communitylives.co.uk) and we'll guarantee future inclusion in 'Here's the Score.'

Thanks, and happy reading!





# OUT AND ABOUT

## Cae Fedw go Wild!



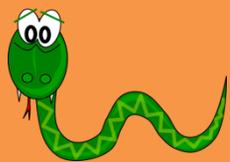
## Drummau go to Dyffryn!



On 15<sup>th</sup> September three of the Drummau ladies visited Dyffryn Gardens just outside Cowbridge. They were able to pay for their entry using the Spice Time Credits they'd collected.

Fay told us at Here's the Score, 'I really enjoyed being shown around the house and the gardens. it was a lovely day, the sun was out and not a cloud in the sky. We saw lots of different flowers and birds and then had a lovely lunch at the gardens. I'm looking forward to going again next year!'



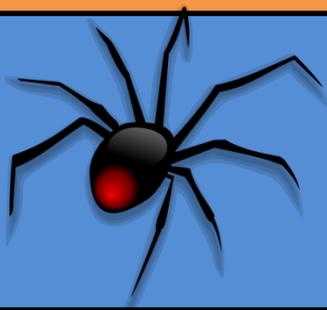
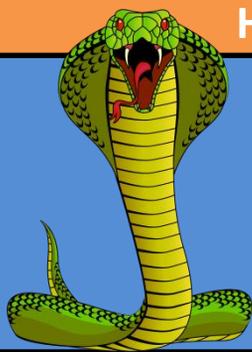


## Coed Arian and the Creepy Crawlies!



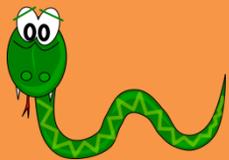
Coed Arian had a memorable visit to Plantasia in Parc Tawe where they handled some snakes and spiders.

They're definitely braver than us here at Here's The Score!

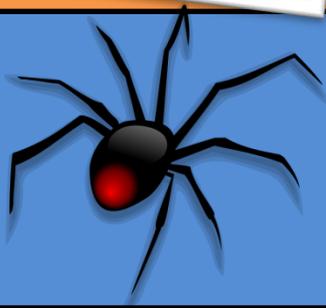
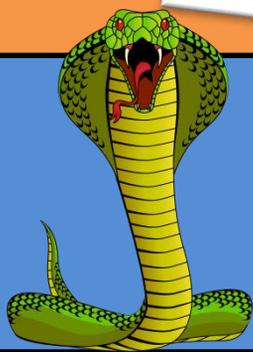




# OUT AND ABOUT!



## Coed Arian and the Creepy Crawlies!



# OUT AND ABOUT

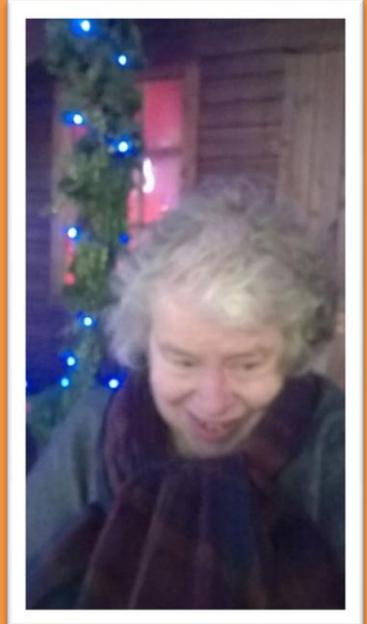


The Roseland boys enjoyed a fishing trip this year, and had some considerable success, as you can see by the pictures.

Tight lines boys!

Keep your eyes out for future trips!

# OUT AND ABOUT



The Drummau ladies recently visited the Winter Wonderland in Swansea. 'It was a cold evening so we wrapped up warm', said Cheryl. 'We had a lovely time!'

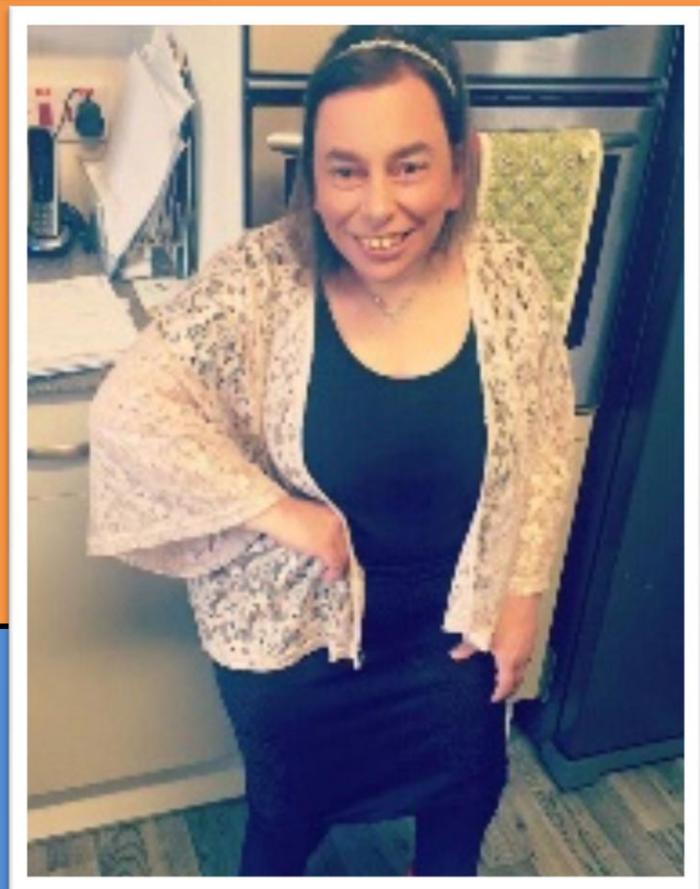


# OUT AND ABOUT



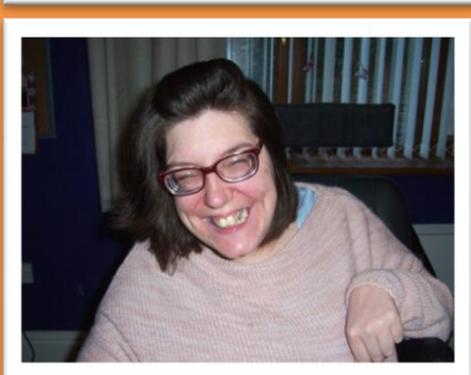
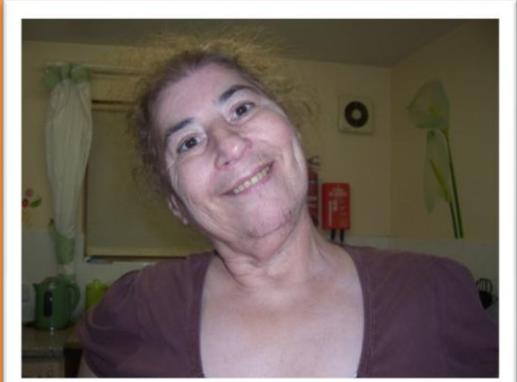
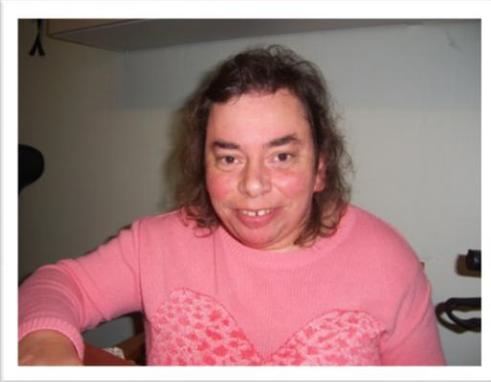
Viv and Karen from Heol Hafdy enjoying a visit to Folly Farm during the summer.

Andreya is ready to go to the annual Stars in Your Eyes extravaganza. It was another amazing evening of singing , dancing and fun!





# OUR COMMITTEE MEMBERS



Introducing our Network Committee members Andreyra, Linda, Fay, Kelly, Debbie and Mervyn. If you have a any ideas for network events, gatherings and trips then please get in touch. We look forward to hearing from you, and Merry Christmas from us all!



# WORDSEARCH

**Find all of our  
network schemes!**

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

GABALFA  
COEDARIAN  
ROSELAND  
HEOLHAFDY  
TAWESTREET  
PENTREHARNE  
TYSEREN  
DRUMMAUROAD  
CRAIGCEFNPARC  
HIGHSTREET  
CAEFEDW

**We can't offer any prizes, but if you manage to  
find all eleven of our houses, give yourself a pat  
on the back!**



# SEASON'S GREETINGS



The Line Dancing Group sends everyone their compliments of the season. The group meets every Thursday at 12.30 pm at Cae Wern Community centre. If you're going to the coffee morning, why not bring lunch along and then attend the group? It's a great way to get or keep fit, and you could also make new friends. We look forward to seeing you!

## FROM THE LINE DANCING GROUP!



# ANDREYA'S ARTS & CRAFTS



Entry: £2  
or



Andreya cordially invites you to attend her Arts & Crafts group which runs every other Saturday at the Activity Centre in Swansea. The group is starting back on January 7<sup>th</sup>, so come along and get creative!



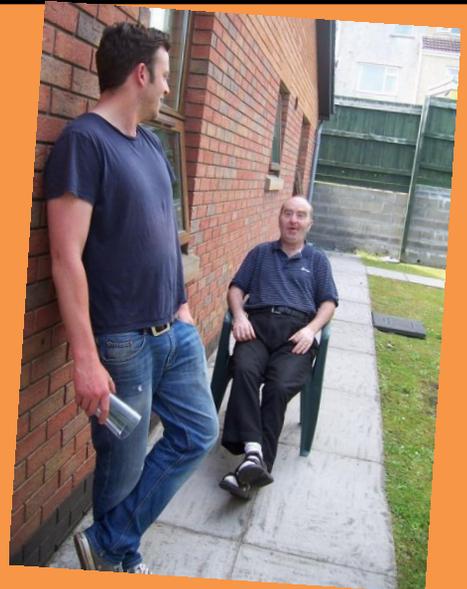
**Time to Meet**

Because together is better!





# NETWORK 4 BBQ



**This year's Network BBQ was hosted by Coed Arian and was extremely well attended. The weather was great, and A good time was had by all!**



# NETWORK 4 BBQ





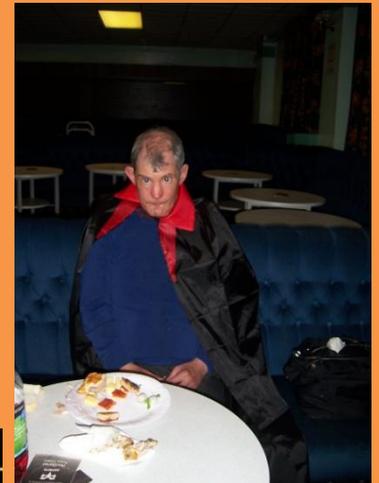
# HAPPY HALLOWEEN!



October saw our Network Halloween Party. Everyone really made an effort, And looked fantastic. Well done all!



# HAPPY HALLOWEEN!



A truly spooky time was had by all!



# HO, HO, HO...LY CHRISTMAS JUMPER BATMAN!



We recently held our network Christmas party at the Clase Club. There were some quality Christmas jumpers on display, and we had some very special visitors. It would appear everyone has been good this year, even our members of staff!



# HO, HO, HO...LY CHRISTMAS JUMPER BATMAN!





# FAY HOSTS IN 'COME EAT WITH US'

This year I took part in Come Eat With Us. I enjoy cooking and I wanted to cook for other people. I am a member of the Line Dancing group so I decided to have my evening around line dancing and an American theme.



I enjoyed visiting them, and when they cooked for me the food was beautiful!

I made new friends in Clive, Robert and John. We had a really lovely time, it was good company and a good laugh!



# HAPPY BIRTHDAY LADIES!

For my birthday this year I wanted to go and see a music band at the Grand Theatre in Swansea.



We went to see the Illegal Eagles tribute band. It was a great evening. I really enjoyed myself. They played all my favourite songs. Thanks, Glenda!



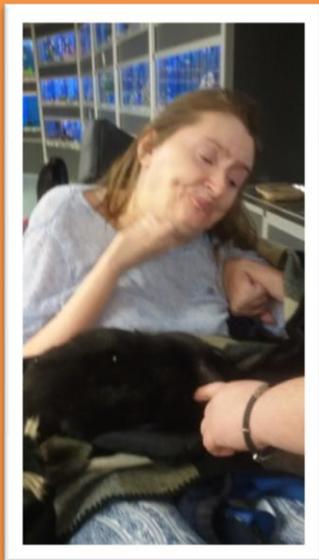
I had a lovely birthday this year. I had lots of presents to open and Invited some friends around for a party. It was great. Thanks, Linda!



# HAPPY BIRTHDAY LADIES!

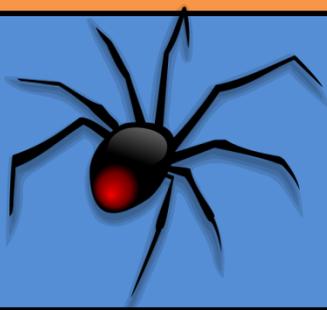
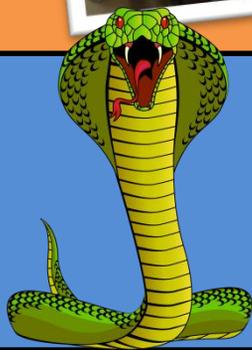


## Happy Birthday June!



June McArdle celebrated her 56<sup>th</sup> birthday recently. She went to Noah's Ark in Neath to see the animals followed by a meal at Blanco's in Port Talbot.

Good work June!





# HAPPY BIRTHDAY LADIES!

This year I wanted to have a garden party for my birthday. I invited some friends and my sisters Nan and Jean.



It was a brilliant day, the weather was really hot. We sat in the garden with the marquee over us. We had lots of food, and I had a really lovely birthday cake. I really enjoyed having my sisters and friends to celebrate my birthday with me at my home. I had some lovely cards and presents. It was such a nice day!!! Thanks, Fay!



I also had a party in my house for my birthday this year. My cake was huge and tasted really nice. I had a lovely spread and some of my friends came around to help me celebrate. Thanks, Barbara!



# HOLIDAY FUN!

## Katy visits North Wales



Katy went on holiday to the Esplanade hotel in Llandudno from the 5th to the 9th September. She was supported by staff members Sally Anne Jones and Charlotte Phillips. While there Katy visited Chester Zoo and went on the Snowdon Railway.

As you can see from the photos Katy thoroughly enjoyed her holiday!



## Barbara visits Cornwall



I really enjoyed my holiday. I stayed in an accessible wooden lodge with Fay, Alison , Lisa and Charlotte.

We visited some really nice places, and the weather was lovely too.

We went to the Aqua Marine centre where we saw lots of sea creatures, sharks and lots of different fish.

We visited a Victorian village where we made chocolate and looked around a Victorian museum.

We went to the village where they filmed Poldark We walked around the harbor, saw lots of ships and visited the museum. I had a lovely time!





# HOLIDAY FUN!

## Fay visits Cornwall



This year I went to Looe in Cornwall for my holiday with Barbara, Alison, Lisa and Charlotte. We had a great time I really enjoyed myself.

We visited many different places such as castles, museum, and an aquarium which were all very interesting. I saw sharks and different fish. I bought a jigsaw of fish as I love to do jigsaws.

We also visited a farm where I saw horses, pigs and goats.

We saw how they made jam and we made chocolate. We then had a nice cup of tea and a scone which was lovely. We visited the Victorian museum and dressed up in Victorian clothes.





# LET'S GET COOKING!

## Quick and easy mince pies by Alison



### You will need:

8 oz self raising flour  
2 oz lard  
2oz Butter  
Jar of mince  
2 eggs  
Water  
Pinch salt  
Icing sugar  
100g caster sugar



### Method:

Place the flour and butter and lard in a bowl and rub together to a crumb consistency. Add the sugar and one egg, and mix together to form a dough.

Roll out the dough 3mm thick and cut out a large circle with a pastry cutter.

Scoop a generous helping of the mince into the pastry case.

Cut a star or circle of dough with a cutter and place on the top.

Egg wash the pastry. (Using the other egg)

Heat oven to 220C/200C fan/gas 7.

Bake mince pies for 15-20 mins until golden brown.

Dust with icing sugar to finish.

Serve with brandy butter or cream and a enjoy with a cuppa!





# STAFF IN BRIEF

**In the first edition of what is going to be a regular feature, we take a brief snapshot of what makes our staff members tick. First up, we talked to Beverly Jones!**

Favourite song - 'Angels' by Robbie Williams

Favourite Movie - The Quiet Man (John Wayne)

Favourite food - Beef dinner

Hobbies – Motorbiking

Favourite colour- Blue

Favourite season – Summer

Ant or Dec - Dec

Batman or Superman- Superman

Favourite destination – Italy

Celebrity crush – David Bowie

Guilty pleasure – Ice Cream (has to be Joe's!)



That's it folks, the end of Issue 1 of What's the Score from Network 4. We really hope you enjoyed reading all the network goes on. Our next edition is due at Easter, so if you'd like any stories included please email them to [lisa.davies@communitylives.co.uk](mailto:lisa.davies@communitylives.co.uk). Thanks!

This edition of Here's the Score from Network 4 was designed and edited by Fay Evans, Lisa Davies and Adam Benney.