



Spring  
2017

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# 4 Seasons News

for people with learning disabilities by people with learning disabilities



We held a football and fitness event at Sixties Football Centre in January 2017. The event was organised by Dudley Voices for Choice and the Promoting Health Access Team. The day of the event there was different activities that included football and volleyball. While people were there they could talk about different health services. We would like to thank everyone that attended this enjoyable day.



My name is Andrew. I went to Birmingham Hippodrome to see Dick Whittingham the pantomime. There were 5 of us who went. We had to be at the theatre for 7:15pm although it was a bit late starting! The pantomime was brilliant. It starred the Krankies, Matt Slack, Jodie Prenger, John Barrowman and Steve McFadden as King Rat who opened the show. It was really funny because they did their own version of the 12 days of Christmas. In the second half, there was a 3D adventure and we had to wear 3D glasses. We really enjoyed the performance, it was excellent.



The cold winter has gone, Spring is finally here  
 The warm weather has come so let's give a cheer.  
 Spring is a good time of the year  
 Summertime is nearly here.  
 The birds have come out to sing  
 You can hear the bells of the church ring.  
 All of the flowers come out to bloom  
 The tennis is all over the telly, cor blimey, it's nearly June.

**Poem chosen by Andrew Raybold**

**Newsletter Anniversary**



We have now been doing the Newsletter for 3 years. We would like to say thank you to the team that put the newsletter together. There should be a special mention to Dan who has been working on the Newsletter for 2 years. I hope you have enjoyed reading the newsletter.

**Word Search**

**FLOWERS  
 EASTER  
 NEST  
 RABBIT  
 CHICK  
 HATCHING  
 SPRING  
 CLEAN**

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

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