



WINTER  
2017

# 4 Seasons News

for people with learning disabilities by people with learning disabilities

Happy new year from all  
The newsletter team



Congratulations to Stuart, he won the DO IT award. When he received the award he felt happy. His family and friends were there to see him get his award. The presentation was held at Birmingham hippodrome, Stuart was asked to give a speech when he received the award. Stuart thanked everyone for all the help and support from Discover U who helped him to achieve his dreams.



## EVENT

Dudley Voices for Choice and the health team are holding a health and well being event on Thursday 26<sup>th</sup> January 2017 at Sixes Indoor football  
10:30am - 2:30 pm  
Ham Lane, Kingwinford  
DY6 7JU

If you would like to be a guest reporter. Share you passion or news. Let us know what you would want in your newsletter.

Has anything good happened to you? We would like to hear your good news story and we will put it in the newsletter with a photo.



## Winter safety

As the cold weather is here just a reminder to wear warm clothes. To eat and drink warm food and drinks. this will help to keep you safe and well during the winter.



Safe Places are somewhere that you can go to get help when you are out in the community and you need some support. A Safe Place will have a sticker in the window. To find out where the Safe Places are around the Dudley borough visit [www.dudleyci.co.uk](http://www.dudleyci.co.uk) or call 07930 636552.



To stay safe on the internet make sure you are on a secure site and do not talk to strangers.

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

### Word Search

Love  
Cards  
Kisses  
Hearts  
Red roses  
Happy  
Candles  
Meal  
Hugs

Dudley Voices For  
Choice  
DY1 Building,  
Stafford Street  
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07930  
636552