

Evolving

The Changing Face of Evolve

Evolve service users are the key focus of everything we do, we aim to offer activities and social events that will appeal to all. We are open to all suggestions from service users'. We have a list of successful social events. Thus far we have supported our local Theatre (Congress and Dolman) with the children's amateur dramatics such as "Joseph" at the Dolman Theatre, Newport, "The King And I" at the Congress Cwmbran. We also danced the night away with The Ivy League and the Fortunes and most recently The Jackie Generation, a nod to the 70's. The music and shows appeal to all ages and the feedback from service users have been extremely positive, they have really enjoy themselves, especially the American Wrestling! We also, every other month, have a night where all are invited to come along to our Christmas Party to held at Pilcs, Griffithstown on 14th Dec come and join us in the festivities.

Tickets are free Tel 01633 863957



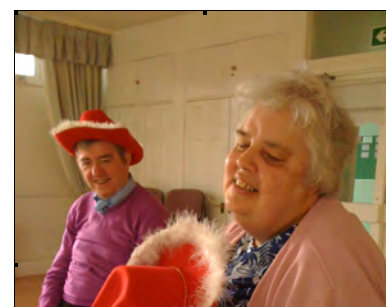
Getting involved with the world's biggest coffee morning!

We at Evolve are open to all service users' suggestions on what they would like to get involved with and one of our service users suggested that we do more to raise money for Charities. On hearing about the Macmillian coffee morning it seemed a great way to enjoy an afternoon with friends over a nice cuppa and slice of cake, whilst also raising money for a good cause.

The service users made cakes for the big event and helped make our kitchen area into the

grand café it ended up being; with balloons, flowers, tablecloths and bunting throughout! By organising this event we at Evolve have helped to improve the lives of people living with cancer in the UK. The Coffee Morning was great fun - inviting friends and family for a cuppa, cake and chat. The service users felt a great deal of achievement and were thrilled to hear we raised £187.00

Thanks to all that came, without you our event would not have been so successful.



Getting Involved with Evolve!



Activities

We are successfully running a great keep fit program. We have a timetable of activities that are available to all; Mondays we are at Widdenshins in Griffithstown for an Extend Exercise Session, service users can take part no matter what their physical ability, the keep fit session can be done from a sitting position and its motto is movement of any kind is better than no movement at all! The gentle exercises include stretch, repetitive moves; helping circulation and gaining muscle strength, great fun with music from Doris Day to Fun music like the Music Man, props include cow boy hats and twirling batons!

For the more adventurous service user we have a Zumba class on a Thursday this incorporates great Latin American and dance music with dance steps and keep fit exercises, service users that love the music but are not as active are still welcome to participate, we recommend doing the movements from a seating position. Watch Evolve get active in the New Year.

We are live!

We have launched our brand new website which all can visit at any time; www.evolvewales.co.uk we encourage all service users to have a look, all suggestions about how our site can grow is up to you! It shows how our service users are helping out in their local community with local litter picks and river clearance, running programs with Pontypool Park Friends and so much more!

See us on Facebook in the New Year!

Practical Life Skill

As part of our timetable we have included an education class every Wednesday with teaching on everyday skills such as dealing with money, numeracy and literacy skills therefore helping our service users develop their independence.

With this aim of helping our service users skills we have added a cooking class on Mondays and Fridays. The cooking class has been extremely successful, the service users have learnt various different cooking skills, they have developed from basics of how to peel a potato and boil until cooked to preparing a meal for a family. Our service users are now able to make pastry, the corned beef pies looked fantastic and the Victoria sponge cakes would not of been out of place in the Great British Bake Off!

Luncheon Clubs

We are successfully getting service users into placements where their skills are combined with helping within our local community, we have been helping to run local lunch clubs twice a week, helping to serve the elderly local residents their drinks and three course meal. We at Evolve have watched service users flourish and grow in confidence whilst enjoying the tasks at hand. Coming soon more placements!

To the Manor Born

Every Wednesday our female service users are keeping the Manor House gardens at Llanyrafon weed free, whilst planting out for the kitchen gardens coming seasons.

Vintage Special

This year our service users wanted to get involved with some craft work and flower arranging so we at Evolve thought why not celebrate the festive season and support the service users make garlands and some vintage decorations ready for our Victorian Market Stall in December. Perhaps you'd like to purchase something a bit different this year with some extra special hand made decorations. It promises to be a family centered event.

Forthcoming

Events

Two shows at the
Congress, Friday 14th
Dec Christmas Disco
held at Pilcs, from
7.30pm.

Sunday 16th Dec
Victorian Market at The
Manor in Llanyrafon
Evolves Christmas
opening times; finish up
on Fri 21st December,
Open as usual on Weds
2nd January 2012
Wishing you all A Very