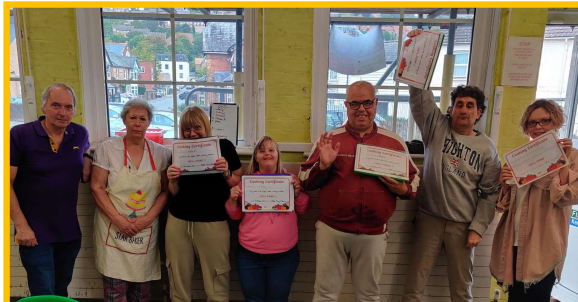


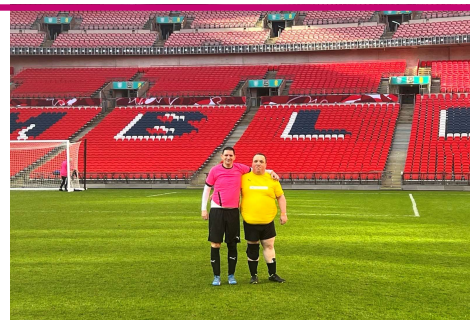


Multiply – numeracy skills for all

We are so proud of all our members who took part in the Multiply numeracy initiative. Number skills were taught through hands-on cooking sessions and other practical activities.

Stepping out at Wembley Stadium

Our Social Link Football Club coaches, Andy and Tom, were invited to take part in a game at Wembley – the pinnacle for all footy fans! Even though they were in awe of their surroundings, both our Coaches put in a great performance on the pitch.



Latimer Charity Ball

It was the social event of the year where 120 like-minded people came together to raise money for the new Social Link café. The highlight of the evening was a singing performance by our own very talented members. The biggest applause of the evening was given to them for wowing the crowd!

Corporate volunteers

Our Day Projects and Gardening Crew welcomed volunteers from SUEZ, Kenvue (aka Johnson & Johnson) and local firm Shirley Parsons. It was great having a helping-hand but also gave our members the chance to show off their service!



Summer day trips

Our members chose the destinations for their annual day trips. Chessington, Brighton and Windsor provided plenty of fun and laughter. Thanks to the Rivertime Boat Trust for providing a wheelchair accessible cruise up the Thames. Some brave souls on the Brighton trip even took a dip in the sea!

One-to-one reading sessions

Not everybody makes it into adulthood being able to read. Some of our members wanted to conquer this skill so Read Easy came in to help. The sessions have been such a massive success that one of our new readers actually delivered a speech at the Read Easy AGM in November.



Active bodies and healthy minds

Keeping active has been an important focus for lots of our members with many enjoying playing team sports to get fit. The Wellbeing sessions have evolved to include member-led mindfulness exercises which can be shared and help individuals cope with everyday challenges.

An alternative Social Link member...

Social Link adopted a DONKEY named Chocolate. Our members have enjoyed visiting him at Island Farm Donkey Sanctuary throughout the year!



Celebrating achievements

The first ever Social Link FC awards were held at the end of the football season. The teams have shown dedication with regular training and showing great teamwork in matches. Our Aylesbury evening club also recognised all the varied talents and qualities of the members at their annual awards night.

Goodwill for everybody

Our members have been helping other very deserving charities this year, including Children in Need and Macmillan. In December, 13 large festively decorated boxes of food and toiletries were donated to One Can Trust to help local families.



NEW SERVICE: Wednesday Independence Group

In May, the new service was launched and has been providing a jam-packed programme ever since, teaching skills for future independent living. Making the bed was turned into a team competition!

The Bloomin' Gardening Crew

The variety of tasks undertaken by our Gardening Crew continues to *grow*. As well as practicing skills, the Gardeners are also learning about seasonal garden management tasks and encouraging wildlife.

