

'Listen To Us' News and Events in May

Hello and welcome to the first newsletter. Hopefully this can keep everyone up to date on what's been happening at Afasic in Armagh. Read on to hear all about May. What a busy month it was!

Snow tubing

The month of May started off with a trip to Snow tubing in Craigavon. It was a great success. The rain just added to the enjoyment!



Parent's meeting

On Wednesday 13th May there was a parent's meeting in Armagh City Hotel. It was a great chance to meet other parents as well as share ideas about school, subjects and exams. Some fundraising ideas were generated and we talked about what happens at group on Saturdays. Thank you to everyone who came and for your support.

'Moving On' group

Friday 15th May was the first meeting of the 'Moving On' group. This is for a small group of older members to share their own ideas about how to handle any worries that they might face as teenagers. Each week the whole group will focus on helping one particular member build confidence and self esteem.

LTU group

At LTU on Saturday 16th May, each group member completed a questionnaire about coming to Afasic, what they have learned and what they would like help with next. There are lots of ideas to keep us busy over the coming months. There was a focus on 'conversation skills'. This was practice at asking and answering questions such as 'What do you do in your free time?'

This was to get to know each other, practice taking turns, talking and listening and chatting about other things in common. Group games were played which helped practice these skills some more. Everyone did very well taking a turn to speak in front of the large group. Pizza was well earned this week and it was delicious.



Karting

The end to a busy month came with a trip to Karting in Markethill. The weather meant the driving conditions were perfect. All eighteen members took part in a 'Grand Prix', which lead to quarterfinals then semi-finals before 'The Grand Finale'. Oisín claimed 1st Prize, Stefan came in at 2nd place and Fearghal came 3rd. Great listening by everyone during the safety talk and following the instructions of the staff. Well done to all the drivers who showed excellent team spirit by cheering on their friends!



What do these words mean?

Fundraising: 'Funds' are another word for money. Fund raising is the activity of raising, making or collecting money for a charity or club like Afasic.

Self-esteem: is belief and confidence in your own abilities, skills, talents and value to your family, friends and other people around you.