

**Welcome to the  
June & July 2024  
Newsletter**

**Co-produced by the  
people we support at  
The Clubhouse Project**



**T C P**  
THE CLUBHOUSE PROJECT



The gardeners have been busy restoring, planting and maintaining the Allotment and the Clubhouse patio areas.

What have we planted?

Thyme, Oregano, Dill and Chives in the Herb Garden.  
Tomatoes, French Runner Beans, Courgettes.

## ... Allotment & Gardening ...





# ... Allotment & Gardening...

Wickes in Woking kindly donated  
tree stakes and compost.

The Allotment group enjoyed visiting  
Wickes and meeting the Manager Paul  
to collect the donations.

Thank you so much!



## ... Allotment & Gardening ...

Our patio has had a makeover, with plants generously donated from The Otter Nursery, together with a suggested planting scheme. Most of the old plants have been removed and the new ones are now growing; they will provide year-round interest and should survive a visit by the deer!



The allotment has also had to have a makeover, this year, due to the original wooden structures needing to be replaced and the orchard requiring some attention.

The Apple trees were pruned in time and are now producing a good crop. The Olive Tree, which had become rather large, has also been pruned and the fig tree which had outgrown its pot is now planted in the ground. The tomatoes are doing well, and we hope to be picking some before too long.

Our potatoes have flowered and will also soon be ready to be harvested. We have cabbages ready to plant together with chard and leeks.



## ...Wickes Charity Bike Ride.. Fundraising for the Brain Tumour charity



By Matthew Hagerty

We went to Wickes in Woking to do a charity bike ride. We rode exercise bikes to raise money for a brain tumour charity. We each rode for 10 minutes. Riding the exercise bikes was the best bit. I rode fast and did a whole mile. I then cheered on my friends when it was their turn. Whilst we were there, a customer gave some money in the donation tin. It made us happy to know that we helped raise some money.

**Congratulations to the **Blue team** who were the overall winners of sports day!**

# ...Sports Day...

**Well done to the Red & Orange teams who came in joint second place.**



**The teams enjoyed the relay races which included the giant ball & bounce race, the ring of balance relay, tennis hitter and catcher, penalty shootout and the target bean bag toss.**



# ...BBQs & Good times...

By Kostas Griparis

We have lots of BBQ's at Clubhouse now we have our new BBQ. I like it, it is big and shiny.

We cook lots of different food on the BBQ like sausages, burgers, Greek chicken and even the pizzas we made in cooking.



I love having a nice time with my friends.



I like sitting outside in the sun and having my favourite burger. Its yummy!



## ***...Chillin on the patio...***

We made giant bubbles wands using bamboo canes, string and two metal washers to provide a weight.

The giant bubble mix was made using washing up liquid, vegetable glycerine and water.

Great fun was having seeing who could make the biggest bubble and how long it would be before it went POP!





# ...Boat Trip @ Dapdune Wharf, Guildford...



By  
Sarah  
Prior



I went to Guilford on a canal boat on the river with my friends. I loved seeing all the nature. I saw swans, dragonflies, ducks and all the pretty flowers on the river bank. We saw lots of people on other boats and on the riverbank. We waved to them and they waved back. I felt like the queen with people waving at me! I learnt how locks work and how the water goes up and down by turning a big handle. I learnt that you can have little boats and very big boats but only little boats can use the canal and not cruise ships.

# ...Boat Trip @ Dapdune Wharf, Guildford...

By Victoria Szepietowski

I listened to the boatman giving a talk about the tour around Guilford. He explained how the lock worked, it was fun watching the water go up and down.

The sun was out, we had lunch on the boat and I had a salad. I had a good time with my friends and everyone was happy.



It's behind you!  
Oh no it's not, oh yes it is!

The group had a royal companion following them for a spot of lunch on the boat!



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**Egham Boxing Workshop**  
Instructors warming the group up before learning the boxing techniques & sparring.





# ...Cooking...

Our Tuesday Chefs have been brilliant cooking for all the hungry swimmers!

By Emma Whiting

I loved mashing the potatoes  
and stirring the fish mix!

By Chrissie Willis

I enjoyed measuring the flour, cheese and milk  
to make the cheese sauce for the fish pie.





# ...Cooking...

Veggie Stir Fry



By Matthew Hagerty

**What did you do?** Before cooking, I like to put on my chef catering trousers and an apron.

We cook lots of different meals like burgers, chicken pitta's, Seafood paella, Veggie lasagne and homemade pizza.

**What was the best bit?** I like chopping vegetables. I have chopped courgettes, tomatoes, aubergines and lots of others. I chop all by myself and I do a good job chopping the vegetables. I am very careful with the sharp knives because I don't want to cut myself.

Greek Chicken Pittas & Tzatziki

# ...Cooking...

By Alex Southwood

I cook with my friends. I cook the meals for the lunches for everyone at clubhouse. We cook meals like homemade Meatballs and Spaghetti, Lasagne and Salad, Homemade Pizza and Greek Chicken Pittas. Making meatballs was my favourite. I squashed the meat into balls. It was cold. I then enjoyed frying them in the pan and then stirring them in the sauce. I learned how to chop with knives. They are very sharp so I have to chop carefully and I have learnt how to do that.







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By Sian Illingworth Typed by Sarah Prior

I love cooking with my friends Kirsty, Travis and Chrissie. I enjoy chopping the vegetables and salads.

# ...The Great Clubhouse Bake Off...



By Travis Tenchio

We had a baking competition called The Great Clubhouse Bake Off. There were 3 teams. The best cake was going to be the winner. It was chocolate and blueberry cake.

What was the best bit?

Making a mess was the best bit !! I got covered in flour when I stirred it too hard. I didn't like cleaning up afterwards though.

We didn't win but I think we should of as it was delicious !

I didn't mind not winning as it is good to be happy for your friends when they win.



# The Great Clubhouse

## Bake Off



# ...Cycling @ Bushy Park...



By Billy Chalk

**What did you do?**

I went to Bushy park to ride a bike.

I went on the bike with Toni. It had two seats, one for me and one for Toni.

Toni taught me how to pedal forward to go forward.

I smiled when we stopped to look at the river, there were people swimming in there.

**What was the best bit?**

Being at Bushy Park in nature and with my friends.



**By Travis Tenchio**

# **...Cycling @ Bushy Park...**

We went to Bushy park in Hampton and we went bike riding.

I chose a blue trike. It had three wheels and it had a basket and a bell on it.

I rode it very fast and I was so fast that I could have gotten a speeding ticket !!

My favourite bit was seeing some horses. I love horses. It was nice in the park. I also liked racing with my friends and trying to beat them back to the start.

I learnt that when the park ranger cars were coming, I had to move over to the left to let them pass. I had to be careful and watch for cars and other bikes.

When I wanted to tell someone you were behind them, I learnt how to ring the bell to tell them I was behind them.

I learnt how to use the brakes to stop and slow down when I was going really fast.



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# \*CYCLING @ BUSHY PARK\*



# ...Prom Craft...

By Chrissie Willis

**What did you do?** We are making lots of props for our under the sea themed prom. We are making a massive Octopus, a sea backdrop, turtles and lots of fish. I am working on a mermaid photo prop at the moment sticking silver scales onto the tail.



**What was the best bit?**

I enjoyed the painting the best.

I painted the octopus legs blue and pink which are my favourite colours.

I have learnt how to mix colours to make new colours.







By Kirsty Coverley

What did you do?

I am making props for the prom. Sea prom. Under the sea prom. I like painting the fish. Pink, red, orange. Lots of fish. Pretty fish. I made an octopus. Red Octopus with 8 legs. Wiggly legs. Big eyes and wiggly legs.

What was the best bit?

Making a shark. A big shark. Sharp teeth, lots of sharp teeth. Happy smiley shark.



\*\*\*\*\* ... Craft, Textiles & Woodwork ... \*\*\*\*\*





# **... West Wittering Beach Trip ...**

**By Harry Walsh**

**We went to the beach at West wittering. I paddled in the sea.  
It was cold in the sea and my toes were chilly but it was fun.**

**After the beach we got ice cream.**

**I got my favourite, which was mint and chocolate.**

**It was so nice.**



By Alex Southwood

We choose what machine he wants to use and then unload the washing from the bag and put it into the machine. I like to put the washing tablet into the machine and then close the door. We read the different settings and we want number 6 for a hot quick wash, I will push the program button till it reaches number 6.



## ... Laundry ...



We then read how much it will cost and I will then use the change machine to get the change. I like to count out the exact money before putting it the machine. Everyone counts down the money owing as I put the coins in and then I push the start button. When it's finished, we get the washing out, carry it to the table and fold it into the bag.

If we use the dryer, we know it's 50p for 4 minutes so we work out how much it will cost for 20 minutes or however long we want it for. and I will count out the exact amount in 50ps and put them in the machine and turn the dial to take the cash. When it's finished, we fold the laundry into the bag.



# ... Shopping ...

By Emma Whiting - Typed by Alex Southwood

What did you do?

I put a token in the trolley and we take turns to push the trolley round the shop. I make sure my friends are putting the groceries carefully in the bags and I like rearranging them into different categories of fruit & veg, fridge, freezer, cupboard.

We take turns for the shopping list, staff help to read out the items and then we find which aisle it is on by using the signage above the aisles.

We take turns to scan, I will use the clubcard to get the scanner and find the barcode on the items my friends give me We then read the number of items on the scanner and count the items into the trolley. I like to scan the till at the end and put in the credit card and get the receipt out. We load the shopping bags into the bus and we each take it in turns each week to return the trolley and retrieve the token.

# ...Performance...



## Performance session

The Clubhouse Choir learning the lyrics and rehearsing, 'These Days' by Rudimental.

## Soloists:

Alex, Kosta, Sarah, Travis, Michael, Grant

## Chorus:

Kirsty, Gracie, Sian, John  
& the St George's volunteers.



Alex and Sarah learning their lyrics and solos, with Sian drumming.



# ...Drum Fit...

Check out our drum fit videos and spot the blooper!

The video that inspired us - Party rock



Drumming techniques - the cross stick



Drumming techniques - single & double strokes



Lionheart (come on England)



Beyonce - Single ladies



Blooper reel - Single ladies woah oh oh oops!





**Happy  
Birthday  
Grant**







**Happy  
Birthday  
Anna**

**Happy  
Birthday  
Archie**







**Happy**

**21st**

**Birthday**

**Kostas**

**...Thank you Breeya & Luca...  
chapter**

**Good luck with your next**



**Breeya started volunteering with us last year and began working with us in November 2024. Breeya has a fantastic energy and always brought sunshine and fun into Clubhouse with her infectious smile.**

**Luca began volunteering with us at the Thursday Tennis sessions and has been a wonderful volunteer.**

**Everyone at Clubhouse looked forward to when Breeya & Luca would visit.**

**We would like to wish Breeya & Luca all the best and good luck for their future. We will miss you... We look forward to a catch up when you next visit! Toodles xoxoxoxo**



# Thank You



A huge thank you for all the donations of the exercise balls and buckets, they are fantastic and great in so many different ways!

