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# NEWSLETTER March 2023

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[WWW.ANTONINE.ORG](http://WWW.ANTONINE.ORG) T: 0141 944 6393

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Wow! March! Already! How did that happen!

This Newsletter is for any information about or activities going on in the centre we think you'd like to see. If there's anything in particular you're interested in please let us know.

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**Happy Birthday**

Unusually there are no birthdays this month!



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## Upcoming Events

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### Dates for your Diary!

Friday 7<sup>th</sup> &  
Monday 10<sup>th</sup> April  
We are closed for  
the Easter  
Weekend

Monday May 1<sup>st</sup>  
Closed for Bank  
Holiday

Friday 26<sup>th</sup> and  
Monday 29<sup>th</sup>  
Closed for the Bank  
Holiday

As usual there are lots of activities going on in the centre, from arts and crafts to games, the following are just some of the things that have happened this month!

Outings are a big favourite of Service users and staff, there are a few that are regular and firm favourites.....







Alexander and Mark at Free Wheel North

Liam Below



Mark on the left doing some preparation for independent living skills. It's too early to guess what's being made.....

Caroline below helping Rhona with some prep work....



Rhona getting some help from Caroline.





These are the ingredients for the dish.  
Can anyone guess what the group are making.

Jackie below, making sure it doesn't burn,  
Yes it's Sausage Casserole!



It looks delicious! It's a shame there's not enough for everyone in the centre to have a taste!

As always Karaoke is popular with everyone wanting to take part. It's Hugh's turn to give us a song.



Katie and Sandra performing a duet.

Tyler and Richard on the right, I must say I Richard looks very relaxed.



think





There's nothing quite like a wee trip doon the watter, this one was to Helensburgh. Where of course you have to have the obligatory Fish Supper!







Another wee outing, this time to a cinema afternoon in Knightswood Community Centre.

Everyone was really excited to be going.



There was even lunch put on! We'd like to say thanks to everyone involved at Knightswood Community Centre for our invite, our service users loved it!





Some of you already know that Antonine now has a weekend service, these are a few of the photos taken on an outing to Blair Drummond Safari Park.





I'm not sure I've ever seen a T-Rex on a lead!



Some of the pictures of the animals are amazing.

I'm sure there will be lots more pictures of future activities.





## Have your Say

If you would like to tell us about your experience of our service you can do this by: -

- Completing this leaflet and sending it to us or
- Telephoning on 0141 944 6393 or
- Email your feedback to us at [admin@antonine.org](mailto:admin@antonine.org)

## Your Feedback

Please tick the relevant boxes

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| <input type="checkbox"/> Compliment | <input type="checkbox"/> Comment   |
| <input type="checkbox"/> Concern    | <input type="checkbox"/> Complaint |

Have we received feedback about this before?  Yes  No

Would you like us to respond to you about your feedback?  Yes  No

What would you like to say about the service you received?

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