

## Alpaca Walk

On the 3<sup>rd</sup> January our 'Choices' group were lucky enough to take part in a very exciting Alpaca walk at Ship Meadow, Beccles.

Topcats won a Facebook competition to enable them to participate in this event.

Thank you to all the guys at Ship Meadow who helped make the day so much fun!!



## February Half Term Holiday Club

18<sup>th</sup> - 22<sup>nd</sup>

(Booking forms available)

On Friday 25<sup>th</sup> January, Vanessa Madle (Sara's Mum) organized one of her fantastic quiz nights. It was a brilliant evening and raised a superb **£280.00** for Topcats.



Thank you, Vanessa!!



Charity Number-; 1109307

February 2019 Newsletter



## Topcats Café

Friday 8<sup>th</sup> February

Friday 8<sup>th</sup> and 25<sup>th</sup> March

## Newsletter Sponsorship?

If anybody/ business would like to 'sponsor' one of our monthly newsletters, please get in contact, [stewart@topcats.org.uk](mailto:stewart@topcats.org.uk) and for a small donation to Topcats you could advertise your name/ business logo on a newsletter!!

Special thanks to Howdens Joinery (Greg), and Rushmere Electricians (Ronnie) for their continued support



## Alex Massey



As some of you may be aware, Alex will be leaving us on the 8<sup>th</sup> February. He is going to be attending University to fulfil his dream of becoming a Paramedic.

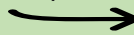
I'm sure you'd all like to join us in thanking Alex for all of his hard work over the last few years and wishing him all the best in his future endeavours.

At Topcats we try to encourage our Service Users to keep as fit as possible.

Here are some of the guys doing yoga in one of our organized fitness sessions.



Keep up the good work everyone!!!



## 'Topcats Lifeskills Diploma'

'Topcats Lifeskills Diploma' is going well, and the Young People are all enjoying participating in lots of different activities to gain their Unit Passes. Below are the presentation photos of some of the guys receiving some certificates.

We award the Unit Pass Certificates at the Community Café, so family, friends and guests can see and hear how hard they've been working.

On Friday January 11<sup>th</sup> Elisa was awarded her **Unit 5 Work Experience** certificate, and Emily received her **Unit 14 Animal Care** certificate.

And, on Friday 25<sup>th</sup> January Mat received his **Unit 9 Sports and Leisure**, and his **Unit 2 Home Cooking** certificate. Lewis received his **Unit 9 Sports and Leisure** certificate. Elisa received her **Unit 6 Travel Training** certificate.

Well Done everyone, keep up the good work!!!

## STAFF 'NIGHT IN'

On Saturday January 19<sup>th</sup> the Staff at Topcats had a 'Night In'.

They all paid £5 and partook in a 'FEW'?? drinks and played some board and card games.

It was a great night and raised £75

Roll on the next one!!!

## Fundraising Ideas

£ If anyone has any fundraising Ideas to bring much needed funds into Topcats, please don't hesitate to get in touch.

£ Tel 01502 531897

Email [sara@topcats.org.uk](mailto:sara@topcats.org.uk) £

