



HEAD LINE

MARCH 2025

Holidays for 2025

After the success of Jamaica last year, we are planning 2 more holidays this coming year: Bognor in September and Lanzarote in October. For anyone with the travel bug, please check with the office to see if there are spaces left.



New Day Opportunity!

Meet the 'Navigators' (also known as the secret seven!) who meet on Tuesdays and explore the city and surrounding areas whilst working towards independence in navigation and travel.

Recent destinations have included the Sky Gardens, the South Bank, Deen City Farm, Kew Gardens and the National History Museum. Let us know if you would like to join them!

Welcome Ian!

Ian has been one of our 'Community Engagement' clients for some time and we're now pleased to be able to welcome him into one of our homes. It's an absolute pleasure to have Ian in our community





6pm
at the
hub

Thurs
March
27th

Client
council
meeting

**Calling all house
representatives!**

**Do come along bringing
the suggestions, ideas
and concerns of your
housemates.**

Top Line's Sport Club

We recently launched Top Line's Sports Club on Monday evenings with water polo which was a great success!

Next it's aqua aerobics and then we'll be introducing other sports. For anyone interested please contact our Health & Wellbeing coordinator, Mark Berry.

*Monday's
at 6.30pm*



MEET THE TEAM: MARK;

Mark is the new HC for Campen and Top Line's Health and Well-being coordinator. Let's find out a bit more about him....



What's your secret talent? I'm an exercise to music instructor and personal trainer.

If you had to eat one meal for the rest of your life, what would it be? Tomahawk steak with Mediterranean vegetables.

If you could be any animal, what would you be? A little otter.

What's your favourite cheesy love song? Islands in the Stream, Dolly Parton and Kenny Rogers 1983.

When you're not at work, what are your passions? Sleep! and food, as well as using the gym, but you can see from my belly it's not happening!

What would you do if you won a million pounds? Take everyone at Top Line (not the staff!) to a place they always wanted to go.... and then spend the rest!

If you were a pie, what kind of pie would you be? Blackberry pie.

What's the worst chat up line you've ever used?

Were you arrested earlier? It must be illegal to look that good!

What is your funniest childhood memory? Wetting myself after scoring the winning goal in a cup match!

How many beers do you think you'd be able to consume? 10 on a good day but these days I prefer gin and tonic.

Are you scared of horror movies? I used to be when I was little. But not anymore!

**This initiative
will be starting
soon on Thursdays.
Anyone interested in looking for
voluntary or paid work in the
future, this is your starting point!
Please register your interest with
James.**

*On June 19th
we're going.....*





DECEMBER 2024

HEAD LINE

Wishing you all a very

Happy Christmas!

From everyone at
Top Line Support



Coming up in
December...

**WED
18TH**
Christmas
Karaoke!

5.30pm -
7.30pm



**MON
23RD**

Tina
Turner

Aldwych
Theatre

Tina

October saw the launch of Top Line's sports club kicking off with 6 sessions of water polo. In the new year we'll be introducing other sports as well as welcoming a Health & Wellbeing coordinator. Watch this space....

We
celebrated
Halloween
with a very
SPOOKY
disco





Our first Top Line holiday happened in November when this lucky bunch went to Jamaica! We're busy planning more holidays for 2025.....



competition time



There will be prizes! for the best decorated house this Christmas!



MEET THE TEAM: NATHANEAL

Let's find out a bit more about him....



Have your say!!

- What is your favourite smell? **Autumn air**
If you had a super power, what would it be?
Turning objects into gold
Have you ever gone a day without wearing underwear?
Yeah!! I didn't have any clean
What is your first childhood memory? **Making a hand print card for my mum for Mothers Day**
What would you do if you won a million pounds? **Buy a house**
What's something you've never been able to do well?
Communicate
If you were a pie, what kind of pie would you be? **Pecan**
What do you like best about yourself? **I'm courageous**
What music would you like to be played at your funeral?
I don't want to think about that!
Are you scared of horror movies? **Yes! I'm scared of comedies!**

Thurs Jan 16th

6-7pm at the hub

Client council meeting





HEAD LINE

SEPT 2024

Getting Healthy!

Here at Top Line we want to help everyone stay fit, healthy and keep busy so we have 3 new initiatives being rolled out this month.....

2

Our 'multi sports club' is in the planning stage. It will be taking place one evening a week. Anyone interested should let us know!



1



FRUIT SMOOTHIE



OMELETTE



Healthy meal planners to inspire our clients with delicious ideas.

3



• TOOTING MARKET •
TOTTERDOWN STREET

Artisan Market



Some of our clients will be starting work at Tooting Market this month as part of our new 'pathway to employment' initiative. Keep in touch with what's going on by following us on Instagram @toplinesupport @totterdownstreetmarket @tootingmarket



PHOTOGRAPHY COMPETITION

The winner of our photography competition was Miguel with this wonderfully creative shot entitled 'we all are +'

Our runners up were Ross and John. Well done to everybody who entered!





LET'S CELEBRATE DIVERSITY!



Multi Cultural Evening

We will be celebrating our diverse cultures and backgrounds by enjoying music and sharing food from all corners of the globe.

Thursday September 26th 6pm - 8pm
at the Top Line Hub



Have your say!!

Our next Client Council Meeting will be on October 10th. 6pm at the hub

Representatives can bring everyone's ideas, questions, suggestions and concerns to Top Line Support managers.

MEET THE TEAM: MARCUS:

Famous for his wonderful cooking at Campen, Let's find out a bit more about him....



What's your dream holiday destination?

Florence in Italy. If I ever won the lottery I would live there. Its beautiful..

What's your favourite thing about your job? The variety and of course

'boys night' with Chris and Ross where we all cook and watch a movie.

If you had a super power, what would it be? That's easy! I would love to be the Hulk, using strength for good.

If you were a pie, what kind of pie would you be? Guinness, steak and potato.

What's your favourite cereal? Weetabix. I can eat 6 at a time with honey and gold top milk.

What's your favourite cheesy love song? Journey - Don't stop believing.

When you're not at work, what are your passions? The gym, boxing and weight training. Walking Lulu my little maltichon dog: she keeps me on my toes. I love my food and cooking.

What do you like best about yourself? My hair! Ha ha ha

SHOW TIME!

We will be going to see the Tina Turner musical in October. Details to follow....



GOOD LUCK!

We would like to wish Nickie all the best with Motherhood as she goes on maternity leave...





HEAD LINE

JUNE 2024

Our photography competition closes on June 21st when our winner will be decided and will be awarded their £50 prize! Do pop into the hub to see the wonderful entries from our clients and staff.

competition time

DISABILITYSPORTSCOACH

We recently had a fantastic day at the Paralympic Festival hosted by Disability Sports Coach. We got to learn and develop our skills in archery, football, basketball and much more! What a fantastic event!

Another successful move! Danny, Jason, Charlie & Daniel are really happy to be settling into their new Top Line home in Southfields.

**YOUR VOTE
MATTERS**

The UK general election is on Thursday 4 July 2024. We can help you with your vote. Just let your HC know.



This is Me Festival

GREASE

We'll be performing 'GREASE' at the 'This Is Me!' festival in Leeds at the end of June and rehearsals are well underway. We have some fabulous Pink Ladies! The Festival is a fully accessible & disability friendly event.



Have your say!!

Have your say!!
Client council
meeting

Thursday July 11th
6-7pm

At the hub

For representatives to bring everyone's ideas, questions, suggestions and concerns to Top Line Support managers so we can give you the best possible service.

refreshments
provided



Our next Client Council Meeting will be on July 11th. 6pm at the hub

Representatives can bring everyone's ideas, questions, suggestions and concerns to Top Line Support managers.

MEET THE TEAM:

JAMES:

Fondly known as 'Big James'
Let's find out a bit more about him....



SHOW TIME!

Our next Show time! event will be a karaoke & barbeque on **July 25th.** Details to follow.....

What's the worst fashion decision you've ever made? **I once bought a denim jacket which had red and white stripes across it - like a deckchair!**
If you could be somebody else for the day, who would it be? **Dr Who.**
If you could time travel, where would be the first place you would go? **My parent's wedding.**

What's your secret talent? **Singing. I have the voice of an angel, like Charlotte Church**
If you had to eat one meal for the rest of your life, what would it be? **Steak & Chips.**
If you were a wrestler what would your entrance be? **Eye of the Tiger.**
What ice cream flavour sums up your personality? **Rocky Road.**
What's your favourite thing about your job? **That every day is different.**
Tell us something interesting about your family history **We used to be potters and produced Wheildon ware!**
When you're not at work, what are your passions? **My dogs.**



**SAVE
THE DATE**

Our big summer picnic will be held on 10th August.
Details to follow.....





HEAD LINE

APRIL 2024

THIS IS ME!

After our fantastic performance last year we have been invited to perform again at the 'This Is Me!' festival in Leeds in June. We'll be performing 'GREASE' and rehearsals start soon. Do let us know if you would like to be involved.....

The Festival is a fully accessible & disability friendly event.



Another successful move! Loretta & Chloe are really happy to be settling into their new Top Line home.



Welcome Riana!

Riana has been one of our 'Community Connectors' clients for some time and we're now pleased to be able to welcome her into one of our homes. Its an absolute pleasure to have Riana in our community- she has such a bright and positive outlook.





50th

Happy Birthday Claudia!



Claudia had an amazing 50th Birthday celebration at the Top Line Hub - surrounded by family and friends.



MOVIE NIGHT

April 25th

MEET THE TEAM:

CHER:

Cher has been a fantastic support worker with Top Line for many years and we're so happy she's become a House Coordinator. Let's find out a bit more about her....



The Assembly sees a cast of thirty-five neurodivergent interviewers question an A-list celebrity for one extraordinary TV interview.

What's the wierdest thing you've ever eaten? **A meat kebab in the dessert at 3am which gave me food poisoning!**
What would be your dream job? **Either a song writer or a film maker.**
if you could be any animal, what would you be? **A well loved and well fed dog.**
What would be the hardest thing for you to give up? **My daughter.**
What's your favourite cereal? **Golden Grahams or Lucky Charms.**
What celebrity would you most like to switch lives with? **I wouldn't, I'm happy with my life.**
What was the most embarrassing moment of your life? **I was dancing in a club, got my heel caught on my trousers and fell flat on my face.**
What would be your superpower? **To bring peace.**
What does the perfect day look like? **Spending it with my family (including my dog) in any way, with good food and good vibes all round.**
What's your dream holiday destination? **The Maldives.**



featuring our very own Marcus & Luke!

We will be screening 'Little Shop of Horrors' on 16th May



DECEMBER 2023

HEAD LINE



In the last few months we've been up to all sorts..



enjoying fireworks



visiting art galleries



celebrating haloween



enjoying the Twist museum



performing at BAC

THURS
21ST DEC

Come and join us one and all for mulled wine & mince pies at the Hub

2-8pm drop in

Coming up in December...

THURS
14TH DEC

We're off to see Here Comes Santa Claus! at the Wimbledon Theatre





In September we celebrated 75 years since the Windrush came to the UK. We enjoyed a fabulous party with live music and delicious West Indian food.



Colin is getting in the Christmas spirit and has been out and about buying his Christmas cards.



competition time

There will be prizes for the best decorated house this Christmas

MEET THE TEAM: NICK

How long do you think you'd survive in a zombie apocalypse? 5 minutes

What is your favourite smell? Curry

Have you ever gone a day without wearing underwear? No!

What is your funniest childhood memory? 1977 - The Queen's Silver Jubilee, I put red, white and blue paint pallets in the toilet tank in school. For a Jubilee Flush!

How many beers do you think you'd be able to consume? I can't do more than 4 these days.

What would you do if you won a million pounds? I'd travel the entire world by train.

Are you scared of horror movies? Absolutely! I nearly left the cinema during the Blair Witch Project.

If you could remove one colour in the whole world, what would it be? Green

What music would you like to be played at your funeral? The Pet Shop Boys, Co West.

What would you do if you could replace all of the grass on the planet with something else? I'd replace it with lamb vindaloo!





HEAD LINE

AUGUST 2023

THIS IS ME!

What a privilege to be invited to perform at the Ripon Rugby club in June. We joined up with our friends at The Baked Bean Charity to deliver 'Baked Beans Live!' which proved to be a great hit with the folks in Leeds. 'This Is Me' Festival is a fully accessible, disability friendly event and it was great to be a part of it. We're looking forward to next year already



We made memories as we shared more wonderful holidays with our friends at The Baked Bean Charity this summer.

CELEBRATING
THE UK'S DNA

Isle of
Wight



Bognor



Save the date!

On Sept 17th we will be celebrating 75 years since the Windrush came to the UK. Details to follow....

SPORTS AND GAMES DAY

SAVE THE DATE

10th August

Come and join us at 11am
for fitness and fun on
Tooting Bec Common.



WALKIES!

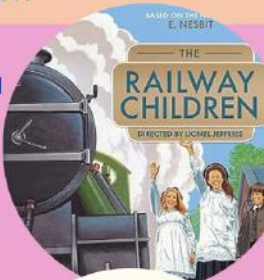


Being around dogs boosts positive serotonin levels in the brain, reduces blood pressure and helps relieve depression and stress.

Here at Top Line Support, we're really proud of our dog care project 'Walkies' that's been going strong for over a year now.

We now have 4 lovely dogs who we're lucky enough to care for.

We will be enjoying this stage adaptation of E. Nesbit's much-loved classic at The South London Theatre for our August 'Show Time! evening.



Welcome

We would like to give a very warm welcome to our new staff:
Dheshan, Lily, Doris, Grace, Mira & Abdul.

We're so pleased to have opened a new home in June in Wimbledon Park. Two of our service users who are good friends wanted to live together and we were able to make it happen.



MEET THE TEAM: MICHAEL



Michael has just joined the team. Let's find out a bit more about him.....

What's the worst hairstyle you've ever had?
Believe it or not I've had a bald head.
What's the worst date you've ever had?
The one when she was sick!
What's something you've never been able to do well?
Tell the time! That said, I am always on time!
If you had a super power, what would it be?
To be able to fly!
If you were a pie, what kind of pie would you be?
An apple pie.
What's the worst chat up line you've ever heard?
Where have you been all my life?!
What's your favourite cheesy love song?
Busted - 'Bet I crashed the wedding'.
What do you like best about yourself?
My personality I'm always joyful.



HEAD LINE

MAY 2023

TOP LINE HOME DESIGN

We did it! Our first make over. We're so pleased to have transformed Sammy & Barry's living room into a cosy space that they can enjoy.

We took away all the sharp edges and made it as soft and safe as we could whilst using the colour scheme they had chosen. Thanks to everyone who donated through our Just Giving page to raise the funds to pay for the materials and our enthusiastic team who made it happen in just a few days.



We just shared another fantastic week with our friends at The Baked Bean Charity in Center Parcs in the beautiful Woburn Forest. Thanks for including us on these wonderful holidays and thanks to our amazing staff team for their dedication.

One of the highlights was the Falconry Centre where everyone got a chance to get close to the birds of prey.





Alex is super sporty and over the course of a week manages to fit in basketball, hockey and multi sports.



Ross has recently joined the Southwark Stars and is an asset to them as goalkeeper; his favourite position.



Huge Congratulations to Chloe for winning the gold medal in the giant slalom race and 5th place in the obstacle course at the South East Special Olympics.

Top Line Sporting heroes!

MEET THE TEAM: NICKIE

Nickie is one of our fantastic house coordinators. Lets find out a bit more about her.....



What's your favourite type of cheese? **Mozarella sticks**

What part of a kids movie scared you the most? **Stitch from 'Lilo & Stitch'**

What mythical creature would improve the world most if it existed
Unicorns!

What was your most embarrassing moment from wearing braces? **I got a magnet stuck to my face!**

What's your favourite cereal? **Crunchy Nut Clusters**

What would you do if you won the lottery tomorrow? **I'd buy a massive house somewhere hot!**

Who was the worst teacher you ever had? **Mrs Killgaver, the name says it all!**

What's the most random fact you know? **It's illegal to own a single guinea pig in Switzerland.**

Can you fold a single fitted sheet by yourself? **No one can!**

If money didn't matter what job would you have? **This one!**

sunflower
lanyard scheme



Assisting people with hidden disabilities



Don't
forget to
water your
sunflowers!



MOVIE NIGHT

In March we recognised World Down Syndrome day with a screening of 'An Irish Goodbye' starring James Martin at the Top Line Hub



We'll be showing
BIG MAC by the
Baked Bean Theatre
Company in May



HEAD LINE

FEBRUARY 2023



We celebrated in style on New Year's Eve with some of us venturing into town for the fireworks while others partied at home with fish & chips, karaoke and then on to the Tram and Social in Tooting for midnight.



Were so happy to welcome Mark to his new Top Line home! Mark has been supported through our community engagement service for many years and is a keen member of our dog care project 'Walkies!' We hope you'll feel at home surrounded by your good friends - and much nearer the Top Line office too for your daily visits!

Show Time!



February sees the launch of our new Theatre social group "Show Time!" Taking place one Thursday evening each month.

Coming up:
Feb 9th: She - Tara Arts Centre
March 16th: Stray Dogs - Theatre 503
April 6th: The Venetian Twins -SLT

Do let us know if you would like to join us!

We would like to give a very warm welcome to

DUNCAN

who we will be starting to support very soon.



FOLLOW US ON INSTAGRAM @TOPLINESUPPORT

David had a fantastic 44th Birthday celebration with friends at Pizza Express. Thanks to everyone who came along and made this a great afternoon!



**MIGUEL HAS BEEN
BRILLIANTLY
SUPPORTING OUR
SERVICE USERS FOR
4 YEARS SO WE
DECIDED IT WAS
TIME TO FIND OUT
A LITTLE MORE
ABOUT HIM...**

MEET THE TEAM: MIGUEL

If money didn't matter, what job would you have? **PERFORMANCE ARTIST, INSPIRED BY THE GREAT MARINA ABRAMOVIC.**

What would be your role on a reality TV show? **I AM A SCORPIO, THAT ANSWERS THE QUESTION!**

If you were a fruit, what would you be? **ME & FRUIT DON'T GET ALONG, SO NONE.**

What's your favourite family recipe **BACALHUA DE NATAS, A TRADITIONAI NAL PORTUGESE RECIPE. HAVE A PEEK ON GOOGLE.**

If you could attend any celebrity wedding, which would it be? **ONLY JUDGE JUDY, UNFORTUNEATLY SHE MARRIED in 1991.**
Did you ever get in trouble at school and if so, what for? **NOTHING! I WAS THE SHY, POLITE AND RESPRECEFUL TYPE OF KID. AT TIMES TOO BORING!**

What's the weirdest or scariest dream you've ever had? **THE ONLY THING I CAN SAY IS 'HEADS WOULD ROLL'.**

What's The best gift you've ever received? **LIFE ITSELF AND FOR THAT I WILL BE FORVER IN DEBT TO MY PARENTS.**

What's the best type of cheese? **AZOREAN, FROM MY BEAUTIFUL HOMELAND - JUST VISIT AND TRY!**

How many languages can you say 'hello' in? **AS MANY AS GOOGLE TRANSLATOR CAN TEACH ME!**





HEADLINE

DECEMBER 2022



What a great night we all had at the Wimbledon Musical Firework Display. Thanks to Jason, Danny and Luke for entertaining us with their wonderful singing!



IT WAS A VERY SPOOKY HALLOWEEN THIS YEAR! WELL DONE TO EVERYONE WHO DRESSED UP IN AMAZINGLY IMAGINATIVE COSTUMES. THE PRIZE FOR THE BEST DECORATED HOUSE WENT TO BOSCOMBE RD. THEY WILL BE GOING TO NANDOS..... ON US!

Walkies!

Our fantastic dog care project 'Walkies' gives our clients the perfect opportunity to get out and about. Being around dogs helps relieve stress and generally makes you feel good! Here's Mark & Jocko on Tooting Common proving this point!



KEEP UP TO DATE WITH OUR NEWS!
FOLLOW US ON INSTAGRAM: @TOPLINESUPPORT



MEET THE TEAM: NESCHERIE

NESCHERIE IS ONE OF OUR LOVELY SUPPORT WORKERS. WE WANTED TO FIND OUT A LITTLE BIT MORE ABOUT HER, SO WE DECIDED TO ASK HER SOME QUESTIONS THAT WOULD GET HER THINKING...

What's your favourite flavour ice cream? PISTACHIO
What's one item you can't live without? MY HEART
If you could have any celebrity to dinner, who would it be? MICHAEL JACKSON
Where was your best holiday? JAMAICA
How do you feel about pineapple on pizza? IT MAKES THE PIZZA SOOOO SWEET!
You could be any animal. what would it be? A BUTTERFLY
What's the biggest risk you've ever taken? COMING OUT OF MY COMFORT ZONE.
Would you like to go into outer space? I HAVE LOVE FOR THE UNIVERSE
If you were a superhero, what special powers would you have? TO MAKE PEOPLE HAPPY
How many pairs of shoes do you own? I NEED A CACULATOR!



We would like to wish everybody an extremely Happy Christmas!

Sammy's 50th!

Sammy had a fantastic celebration with friends and family at her 50th in September. Thanks to everyone who made this a special day for her, especially Jane who cooked the delicious West Indian food.



Save the Date!

Winter Wonderland
Dec 17th



HEAD LINE NOVEMBER 2022

NEW NAME, NEW LOGO ✨

As you know by now, we have a new name: Top Line Support, and what better way to keep us busy this summer than to produce a handmade version of our fantastic new logo. So many service users got stuck in but here's Kay, Chloe, David & Claudia in action. We'd like to say a special Thank You to Fransina who showed great enthusiasm for this project.



TOP LINE TACKLES THE ENERGY CRISIS

Here at Top Line Support, we're always striving to do better, and we want to ensure that we're protecting our planet as well as being conscious of our rising energy bills. We are busy thinking of ways we can help you with this and will be talking to you all soon about our ideas.

Highlights from the summer...

Charlie ✨



Hunstanton

Chris ✨

Buckingham

Palace



MEET THE TEAM: DELROY



DELROY IS THE HOUSE CO ORDINATOR FOR ESWYN RD. WE WANTED TO FIND OUT A LITTLE BIT MORE ABOUT HIM, SO WE ASKED HIM WHY HE LOVES HIS JOB...

I've worked in the care sector for 21 years, in domiciliary care and supporting clients with autism and special needs. I'm also a youth worker. I enjoy all types of care work. I like working with adults with learning disabilities helping them to develop their skills both at home and in the community. I like supporting our clients to participate in activities like college and sport and in particular going on fun days out. I find working at Top Line Support really rewarding.



DONT FORGET! THERE WILL BE PRIZES FOR THE MOST SPOOKILY DECORATED PROPERTY AT HALLOWEEN!

CELEBRATIONS



Loretta's Birthday Party was a huge success. Music, dancing and pizza were in abundance amongst this wonderful group of friends. Thank you Nickie and Nescherei for making this such a special night!



HE GETS EVERYWHERE!



COMING UP SOON.....

We'll all be going along to the firework display at Wimbledon Park on Nov 4th. Your house Co-ordinator has your ticket!

Love the life you live!

