



# 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*



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:



## SHOW TIME!

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

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

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.





# 50<sup>th</sup>

# 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.**



**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



celebrating haloween



enjoying the Twist museum



visiting art galleries



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 San 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, Go 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.



## 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.



## MEET THE TEAM: MICHAEL



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

**Welcome**

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

- 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.**



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.





# 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.....



## 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

- 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!**



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



sunflower lanyard scheme 

Assisting people with hidden disabilities

Don't forget to water your sunflowers! 



# 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 TRADITIONAL PORTUGUESE RECIPE. HAVE A PEEK ON GOOGLE.**

If you could attend any celebrity wedding, which would it be? **ONLY JUDGE JUDY, UNFORTUNATELY SHE MARRIED IN 1991.**  
Did you ever get in trouble at school and if so, what for? **NOTHING! I WAS THE SHY, POLITE AND RESPECTFUL 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 FOREVER IN DEBT TO MY PARENTS.**

What's the best type of cheese? **AZOREAN, FROM MY BEAUTIFUL HOMETLAND - 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!**



*Marcus*



HE GETS EVERYWHERE!



## 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!



## 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!*

