



WISE OWL FEATHERS

AUTUMN 2024
ISSUE NUMBER 29

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The Newsletter
for Adults with
PWS - Written by
Adults with PWS





HELLO EVERYONE

Hello everyone and welcome to our Autumn Magazine.

I love this time of year when the leaves are turning so many shades of red and brown, and I always like to collect some for crafting.

In the PWS News, for parents, we are thinking about 'Lasting Power of Attorney' or LPA. A Health and Welfare LPA is a legal document. It means that you ask somebody else to make decisions for you about your health and welfare or about your money in the future if you are not able to make decisions for yourself. You should only ask someone you trust who knows you well, like your mum or dad or your brother or sister. They will only be able to make decisions for you if you are not able to, this is called 'lacking mental capacity' and means you aren't able to understand or remember the information needed to make decisions that are the best for you.

You can read about it by typing 'Easy read mental capacity' into google, then scroll down and look for the GOV.UK symbol and it should say Mental Capacity Act 2005.



Halloween is just around the corner. Here is an idea from our PWS News magazine for making spooky nightlights. You will need an empty plastic carton; milk bottles are good for this as they are white rather than transparent so give a spooky look. Use marker pens to decorate and put a glowstick inside. They should last a few hours at a time.

Practical Portions for PWS. We will soon be launching a new resource for you, your parents or carers and for dietitians who support those with PWS. It will help you to make sure you get the right portion sizes of all sorts of different foods and there will be photos of the right size for each age group, with the measurements in grams underneath. The booklet has been written just for children and adults with PWS and we think it will be really useful.

I hope you enjoy the rest of the magazine. Remember to send in your stories with photos too for future magazines.



PWSA UK
c/o Metcalf Commercial Decorators
3 Deer Park Road, Moulton Park,
Northampton
NN3 6RX



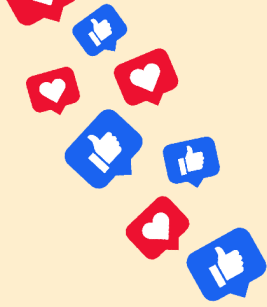
01332 365676



admin@pwsa.co.uk



INTERNET SAFETY



What do you use the internet for?

- Shopping on Amazon and E-Bay
- Using social media – Facebook, Tik Tok, Insta, X and WhatsApp
- Watching films and TV
- Playing word games/video games

The internet can be useful for doing all these things and for keeping in touch with friends and family.

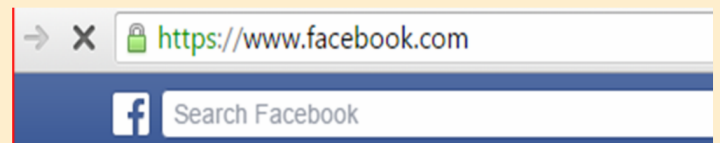
There are some things that you need to know about, that are not so good.

- Be very careful about sharing your personal data – name, address, phone number, date of birth and bank details.
- Some people want to use your personal data to take money from you so always check with someone like your parent or carer before giving out your details.
- If you get an email or a text message from someone you don't know asking you to share personal data. - **SAY NO.**
- If you get an email or text asking you to click on a link – **Don't do it!**
- If you get a text from someone you don't know asking you to call a number – **Don't do it!**
- If you get a friend request on Facebook check first before saying yes. There are lots of people pretending to be someone you know. If you are already friends with them. **Do not agree again.**
- If you get a message saying you have won lots of money. - **Delete.**

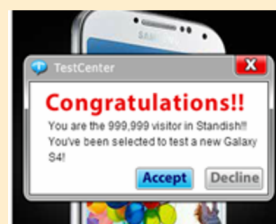
If you are going to do shopping online, or sign up to sites that ask for your personal data, only use websites where you can see the padlock at the top of



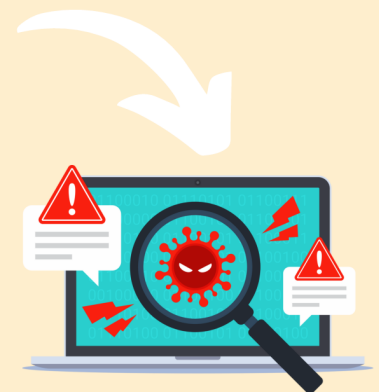
the screen. The address should start https. The S is important and it stands for SECURE.



Sometimes you get a message that looks like this. It might say you have won something. **NEVER** click on these links as they can infect your laptop, tablet or phone with a virus.



NEVER share your passwords.



If you're unsure about anything online always ask someone for help.

WHAT'S BEEN GOING ON?

Josh has been super busy. In July he joined us at Windsor Great Park for the Parallel Windsor event and more recently he visited London Zoo. Josh said his favorite animal is a penguin. Here is a picture Josh took during his trip to the zoo.



Colette is a young person with Prader-Willi syndrome. Colette moved into her own home in September 2023 and set herself the goal of losing weight. Whilst in hospital, Colette struggled to lose weight due to limited community access and choice in her meals.



Since moving into her own home Colette has lost over 10 Kilograms. This is because Colette has a personalised meal plan and regularly exercises. Colette has developed positive relationships with her team and her local church.

Colette engages in daily activities like swimming, going to the cinema, bowling and going for a coffee. She is focused on continuing to be healthy and lose weight. Colette has said 'she is living her best life' Colette's story shows that individuals with Prader-Willi syndrome can live their best life in their own home.

Joanne wrote in to tell us a bit about herself.

Joanne likes to be called Jo Jo.

Her hobbies are:

- Watching TV and DVD's.
- Writing letters to her friends and family.
- Doing puzzles.
- Painting sealife animals.
- Colouring in pictures.

Eve has sent us this fab picture from her very first horse riding experience. Eve said that she was nervous at first and "felt like jelly".



She soon began to feel much more confident and did so well that the instructor said she would take away the lead rein. Eve really enjoyed it and has booked for a second lesson. She also told us that she would recommend this activity to other people – so why not give it a go?

Don't forget, if you want your pictures in the next magazine, send them in with a short write up of what activity you were doing!

SOPHIE'S JOURNEY TO TAE KWONDO BLACK BELT

By Nicola, Sophie's Mum

Sophie, aged 9, came home from school with a flyer to try a local Tae Kwon Do class. This was the start of a 15-year journey from white belt through yellow, green, blue, and red, to the pinnacle of the much longed-for black belt. The physical requirements were within Sophie's abilities and also provided some of her essential weekly exercise. There has always been a friendly, inclusive atmosphere in all the classes, with children and adults of varying ages and abilities. Tae Kwon Do supports all abilities. Sophie never had to be encouraged to go, and once she gained her red belt, her mind was set on getting her black belt. There was no stopping her. COVID did delay progress, but with the addition of an extra class to join in with, Sophie was very prepared when the opportunity arose to complete her black belt grading in May. The black belt is completed with two practical tests in the presence of Grand Master Harkess: a pre-test and a test.

Sophie had to pass the pre-test to be allowed to attend the test. The pre-test turned out to be the biggest test, new location, no one she knew on top of performing her black belt patterns, Sophie was at the limit of her comfort zone. Luckily, we made friends with two lovely ladies, Claire and Elaine, who took Sophie under their wing in the sports hall where parents were not allowed and saved the day. The test day itself felt more like a celebration of the whole journey. The smile on Sophie's face said it all. Yet again, Sophie has shown us through her steely determination to complete everything she starts and that we can succeed if we really want to. Last year, Gold Duke of Edinburgh, Black Belt this year. It may have taken 15 years but there was no timescale or pressure to complete it any sooner. Everyone can do it at their own pace. Sophie is currently looking for her next challenge.



Well done Sophie!

RYAN'S MOVIE REVIEWS

By Ryan, an adult with PWS

I have a pass for the Odeon cinema which I pay for and it means I can go as many times as I want to. I usually only go and see horror movies but my mum said I should try other films which I have. This month I have been to see Beetlejuice 2, Twisters and Afraid.



Twisters was my favourite. My mum said that Twister 1 is the best but she hasn't seen Twisters so she doesn't know. I liked the lady in Twisters better. She helped the town by trying to stop the twisters going there. If you haven't seen the first one it's about a group of people who chase tornados to try their new machine to make the tornado weaker. You also see what towns look like after a tornado and they help the people.

My second favourite is **Beetlejuice 2** which is very funny and better than the first one. The family come back to the house that is still haunted by Beetlejuice. The lady's daughter makes a mistake and makes it easy for Beetlejuice to start haunting them again. He is a very funny ghost and I think everyone will enjoy it apart from my dad Doug who didn't like the first one.



The third one I saw was **Afraid** and I really liked this one as well. When I saw the trailer it looked like a horror movie and that I would really like it. It was a good movie and it was scary but not as much as other ones I have seen. It is about AI and how one piece of AI was very clever and started listening into the families telephone calls and following them around. It started controlling the family in the end.



ACTIVITY PAGES



Can you guess 10 horror movies from the picture on the left?

Write them below

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



JOKE TIME

What did one autumn leaf say to another?

I'm falling for you!

What's the best way for an ant to get down from a tree?

Sit on a leaf and wait until autumn.

Who lives in the scary Hundred Acre Wood?

Winnie the Boo.

How do leaves travel from one town to town?

With autumn-mobiles.



SPOT THE DIFFERENCE

Can you find the 10 differences in the two pictures.
Circle them all!



Winner!

Congratulations to the winner of last issue's quiz, **Hannah Reeves**. A prize is on its way to you!

Send your answers by 10th January 2025 to: PWSA UK
c/o Metcalf Commercial Decorators,
3 Deer Park Road, Moulton Park,
Northampton, NN3 6RX



Colour me in!

Name_____

Address_____

Please make sure you put the correct postage on your envelopes, including checking that your stamps have barcodes - do not reuse stamps!