



WISE OWL FEATHERS

The Newsletter
for Adults with
PWS

ISSUE NUMBER 32

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HELLO EVERYONE!

By Ruth, PWS Specialist Adviser

Wow! I have so much to tell you this time. Some of it's exciting, some of it's really important and some is interesting!

EXCITING NEWS

Our next Owl Focus Group Face to Face Conference will be on **18th April 2026!**

At Woodland Grange in Warwickshire
Woodland Grange



If you were able to come to the last conference in Birmingham, you will remember how much fun it was. Everyone who attended enjoyed being able to meet up with old friends as well as make new ones.

The Owl Focus group will be meeting to help us put together an exciting programme. We will send out invitations and more information in November.

IMPORTANT NEWS

In this magazine we are looking at how to avoid being scammed online. We want you all to stay safe when you are using social media and so Catherine has written an article with tips to protect yourselves. Also, read Aaron's story about how easy it is to fall for a scam.



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INTERESTING NEWS

Josie, Sarah, Alex and Daniel have all sent in stories for this magazine. We are always delighted to hear from you so if you have done something interesting, please let us know. The theme for our Winter magazine will be 'Working and Volunteering', and we will be hearing from Claire, who works part time on a farm! If you have a job or do any voluntary work, please drop me an email or give me a call. I have put my contact details below:

You can also contact me if you would like to join in our Zooms for Adults.



**October 29th - Quiz Night
7pm**

**December 10th - Christmas
Craft 7pm**



rconsterdine@pwsa.co.uk



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Myles at PWSA UK, has been working on an idea from the Owl Focus Group for a Handbook to give to staff in residential and supported living settings as well as day centres that you might visit. It's called 'See Me' and we hope to share more information with you in the next Magazine, so watch this Space.

Hope you enjoy reading Wise Owl Feathers!

HOW TO PROTECT YOURSELF FROM ONLINE SCAMS



The internet can be a great place. It's really useful for finding out information. It can also be fun for playing games and keeping in touch with people.

Unfortunately, not everything you see on the internet is true.

Sometimes people pretend to be someone else or tell lies.

This could be to trick you into giving them money or personal information, like your name or date of birth.

This is called a scam.

Scams can happen on the internet, on social media, by text message or phone.

There are many different types of scams.

Here are some common ones to look out for:

Giveaways and Competition

Scams:

What happens:

- These often pop up in your social media feed
- They say you have won a prize, like a phone, toys, sweets or a car
- They use brand logos to make you believe they are real
- They ask for your personal details or bank details
- They might say you need to pay for posting or pay a small amount so you can get the prize



STOP THE SCAM!

If someone says you've won a prize, but you need to send money before you can get it, it's probably a scam.

Never enter your personal information or bank details without checking with a carer or adult you trust.

Romance scams:

A romance scam is when someone pretends they are in love with you.

People do this so they can try to take your money.

What happens:

- They might make a fake profile on dating apps or on social media - this might look like someone you know
- They start talking to you online and try to start a relationship
- They might send a lot of messages and start saying they love you
- They ask you to send them money. Sometimes they say this is to come and visit you, or they might pretend they need it to pay for medical treatment

STOP THE SCAM!

- Never send money to someone you haven't met in real life
- Only accept friend requests from people you know and trust
- Speak to family and friends if you are not sure if someone is who they say they are



Job Scams:

A job scam is where someone offers you a fake job so they can steal your money or personal information.

What happens:

- You get a text message, WhatsApp or direct message on social media about a new job
- They might offer you lots of money and say the job is easy
- They quickly ask for bank details and personal information



STOP THE SCAM!

- A real job will never ask for your bank details before you've had an interview and shown them your CV or qualifications.
- Don't give anyone your personal information or bank details – always check with your carer or a trusted adult if someone asks for this information.



AARON AND SARAH'S STORY



Aaron and his girlfriend Sarah are adults with PWS who were victims of a horrible scam. They wanted to share their story so you don't get scammed like they did.

Aaron and Sarah follow a Facebook group where a family show you how to make and play party games. While they were watching it, something popped up on the screen to say they had won a Samsung Galaxy Phone and all they had to do was choose box number 3. Sadly, Aaron was then asked to send a gift voucher to the value of £15.00 so he could get his Samsung phone. Luckily Aaron didn't give them his bank details, but he did send them the voucher in the post. Sarah lost £25.00!

Aaron and Sarah have learnt the hard way about just how easy it is to fall for a scam, so please take care online.



WHAT'S BEEN GOING ON?

WE HAVE A NEW FAMILY MEMBER!

By Josie, an adult with PWS

We have a new member of our family: a greyhound called Iceman. We used to have a black Labrador called Jazz who died two years ago and we thought it was time for a new dog. I looked at the internet and some books and learned that greyhounds are very gentle dogs that love fuss and having naps, and they sounded lovely.

We went to a greyhound charity centre and met some rescue greyhounds and they were very friendly. But then a friend of my mum's told us about a greyhound trainer who needed a home for his 3-year-old racing greyhound who didn't like the big crowds at racetracks very much.

We went to visit him and I got to take Iceman for a walk. He was a very good boy - even though he was a bit shy he let me walk him on a lead.

We had to wait a few weeks until we could pick him up. I read a book all about greyhounds and watched lots of videos to find out how to look after him.

When we first brought him into our house he was very anxious for the first day because he didn't really know us, and had only been used to living in kennels. He spent a long time walking round and round wondering what was happening.

My mum had bought a big crate to make a safe den for him and he loves sleeping in it with his teddy toy. After one day he was coming up to all of us for love and hugs (he loves his ears being stroked and likes to rest his chin on you).

He is still learning and still a bit timid with new people but he is brilliant on walks and is fine when he sees other dogs and even cats!

I already love him very much and hopefully he will be brave enough to meet some of you at Prader-Willi family days and weekends.



WHEN EMMA AND JIM WENT DOWN UNDER

Emma, an adult with PWS, moved from Australia to England with her mother and siblings when she was 16. In 2007, she moved into Redbank, a residential home.

In 2011, Emma's family returned to Australia, but she decided to stay in England. Since then, she has made it her goal to travel back to see her family and to meet new relatives who were born after the move.

In September 2024, Emma and her boyfriend Jim, who is also an adult with PWS, set off on the long journey to Australia!

Emma says: "I have really enjoyed being back in Australia and seeing all my family. I am looking forward to going back home to my friends at Redbank House though."



DANIEL'S GYM ROUTINE

Daniel does Snowdome fitness, gym twice a week and aqua aerobics twice a week on Mondays and Thursdays. - Well done Daniel, you must be super fit!

ALEX AND THE FA CUP

Alex, a 56 year old adult with PWS, went to the FA cup final with his sisters and nearly got his hands on the cup!



SARAH GOES HORSE RIDING

Sarah does horse riding at Scopton Riding School for people who have disabilities. - That sounds so fun Sarah!



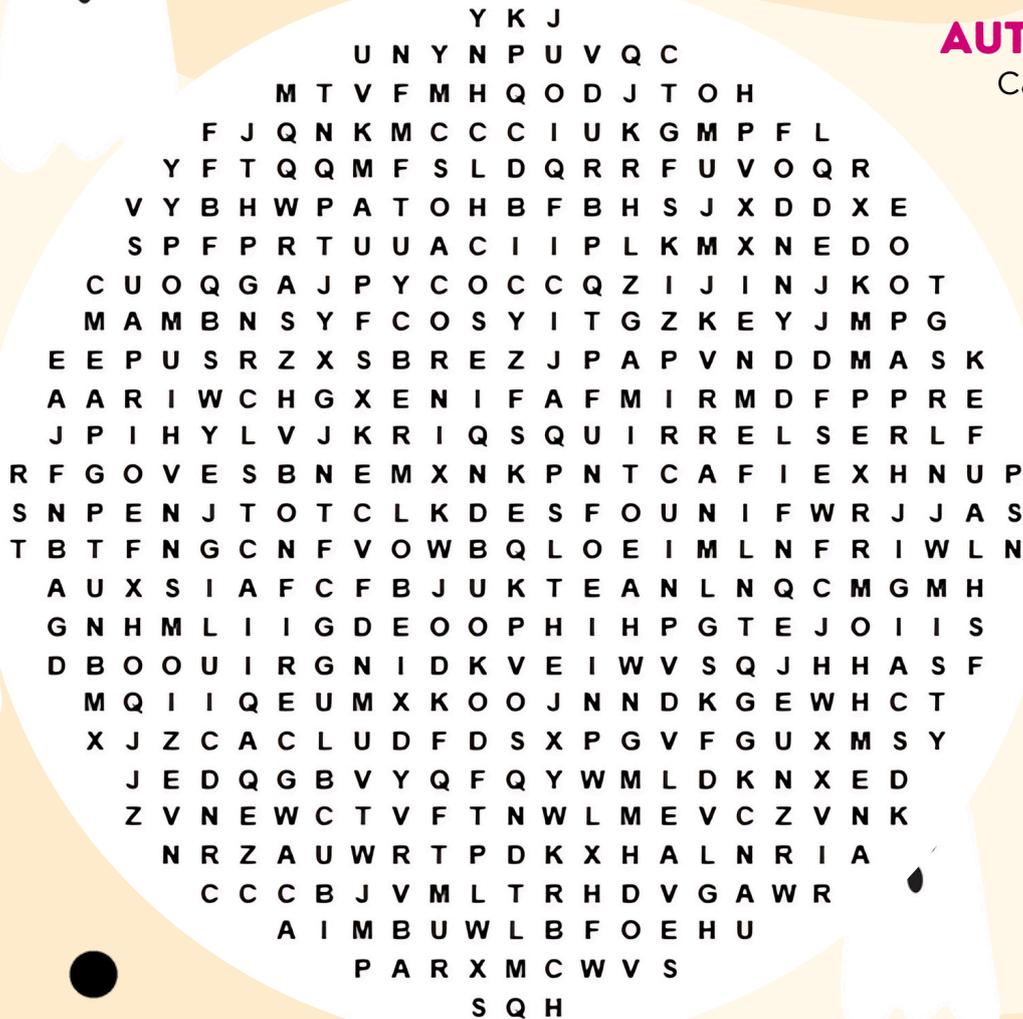
AARONS WEIGHT LOSS

Aaron, has recently lost 20 stone - Well done Aaron!

ACTIVITY PAGES

AUTUMN WORD SEARCH

Can you find all 15 words in the autumn word search?



- ACORN
- AUTUMN
- BONFIRE
- CONKERS
- COSY
- CRISP
- HARVEST
- HEDGEHOG
- LANTERN
- LEAVES
- MISTY
- PUMPKIN
- RAINCOAT
- SQUIRREL
- WINDY

JOKE TIME

Why don't ghosts like rain?

Because it dampens their spirits!

Why was the scarecrow so proud of his new job?

Because he was outstanding in his field!

What's a witch's favourite subject in school?

Spelling!

What's a ghost's favourite type of train?

A fright-train!

What's the scariest plant you'll find in a garden in autumn?

Bam-boo!



SPOOKY HALLOWEEN QUIZ

Q1. What is a group of witches called?

- a) A coven b) A Spell c) A Cave

Q2. The Witches Movie is based on a book by

- a) David Walliams
b) Roald Dahl
c) Dr Suess

Q3. In the movie 'E.T.', what did E.T. dress as for Halloween?

- a) A ghost b) A Skeleton c) A pumpkin

Q4. What animals are considered to bring back luck on Halloween?

- a) Irish Wolf Hounds
b) White Rabbits
c) Black Cats

Q5. Which famous magician died on Halloween 1962?

- a) Bobby Black
b) Harry Houdini
c) Paul Daniels

Q6. Which fictional characters multiply when they come into contact with water?

- a) Gremlins b) Minions c) Elves

Q7. Which famous horror movie features the Bates Motel?

- a) Scream b) Psycho c) Scary Movie

Q8. What is the name of the pot witches use to brew potions?

- a) Vat b) Stock Pot c) Cauldron

Q9. Which phobia means you have an intense fear of Halloween?

- a) Samhainophobia
b) Hallowphobia
c) Spookphobia



Q10. Pumpkins originally came from Central America

True or False

Q11. Transylvania is home to Dracula's Castle in a region of which country?

- a) Ukraine b) Romania c) Poland

Q12. 13. What was the name of the daughter in the Adams Family Movie?

- a) Wednesday b) Thursday c) Augusta

Q13. Halloween is celebrated the night after 'All Saints Day'

True or False

Winner!

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

Send your answers by 5th December 2025 to:
PWSA UK c/o Metcalf Commercial
Decorators,
3 Deer Park Road, Moulton Park,
Northampton, NN3 6RX

Name _____

Address _____

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