



WISE OWL FEATHERS

The Newsletter for Adults with PWS

ISSUE NUMBER 33



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WELCOME

By Ruth, PWS Specialist Adviser

Hello everyone and welcome to issue 33 of your Wise Owl Feathers Magazine.

Last time, we told you a bit about the Owl Focus Group Face-to-Face Conference in Warwickshire. You can see a copy of the invitation in this magazine with a link to our Events page where you can book your place. Please remember you must bring **one** parent or carer with you.

If you can't come to the conference, we have other opportunities for you and your family or carers to meet up. Have a look at our events page on our website to find out what is happening. In 2026, we have community weekends in Skegness, Sandy Balls and Scotland. If you prefer to meet up online, you would be welcome to join one of our Zoom meetings for bingo, quizzes and crafts.

We have some really interesting stories in this magazine and I hope you enjoy reading them.



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'See Me, Not Just Prader-Willi Syndrome'

See Me, Not Just Prader-Willi Syndrome, is a new booklet for carers who look after people with PWS. It helps carers to understand PWS. It also has pages you can fill in yourself to tell carers about what you want and need.

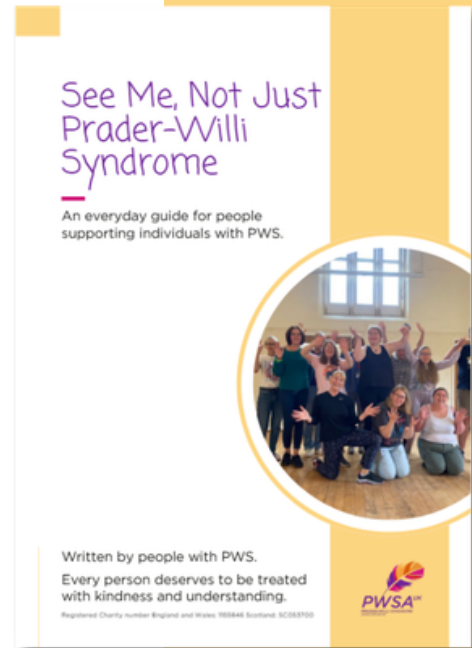
The Owl focus group made this booklet because they wanted a way to tell carers that everyone with PWS is different and needs supporting in different ways.

You can order one or download one using the link below

<https://bit.ly/SeeMeBooklet>

Or

Scan the QR code with your mobile phone camera. Ask a parent or carer to help you if you need support to do this.



LIVING WITH PRADER-WILLI SYNDROME

By Joanne Hurst

Joanne Hurst has written this poem about how it feels to have Prader-Willi Syndrome. We love it and we think the drawings are brilliant! What do you think?



Everyone meet my Blue Monster. My Blue Monster is always hungry. Always watching, always waiting...



Always hungry, this is a craving. My Blue Monster pounces, this is a response.



He takes food, this is a 'reward'. My Blue Monster is happy for a while. But my Blue Monster is ALWAYS hungry.



He is hard to live with.



It can help him if food is locked away. He can relax a little, there are less cravings.



Living with my Blue Monster is challenging. But the reward for helping my Blue Monster is feeling happier and more in control.

CLAIRE'S JOB AT THE FARM

We always like to hear about what you get up to, and this month, Claire told us all about her job at Carrickfergus Urban Farm!

Claire is 27 years old. She really loves working on the farm. (You can see her picture on the front cover). She works there on Tuesdays and Wednesdays. Claire gets up at quarter to eight to have her breakfast. The farm is about half an hour's drive away. Her dad takes her on Tuesdays, and her mum takes her on Wednesdays.

Claire has lots of friends at the farm. Her best friends are Elliott and Charlotte.

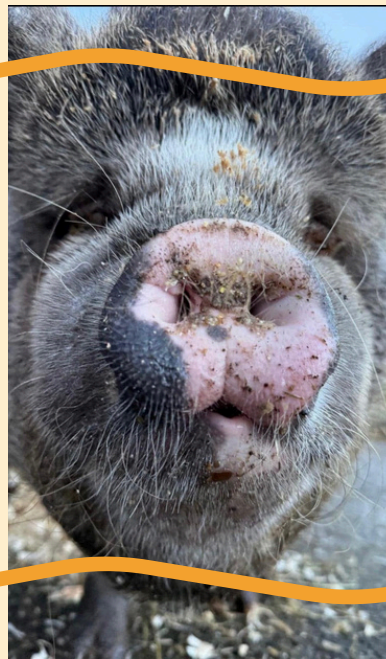
Claire works with a Shetland pony called Suki. Claire cleans him out, gives him fresh water, and brushes him. Claire bought Suki his very own brush. Suki is too small and too old to ride. Sometimes he can be bad tempered and grumpy when visitors come to the farm. Suki likes a polo mint as a special treat! But only one.

Claire also enjoys working with the pigs, Rosie and Jim. They came to the farm together, but they do not get on very well, so they live separately. Claire says they can be very mucky and cheeky. Sometimes they even knock her wheelbarrow over!

Claire also works with the goats and the guinea pigs. The jobs for the day are decided at the morning meeting. This means Claire gets to do lots of different activities.

It sounds like Claire is a very busy person!

She really enjoys her different jobs and activities, which keep her full of energy.



FACE TO FACE CONFERENCE

Members of the PWSA Owl Focus Group (OFG) would like to invite you to our Face to Face Conference for Adults with PWS

- Date:** Saturday 18th April 2026
- Time:** 10 am for tea/coffee. Ready to start at 10.30 am. Finish at 3.30 pm
- Venue:** Woodland Grange, Old Milverton Lane, Royal Leamington Spa, CV32 6RN



A brilliant chance to meet with old friends, make new ones, and enjoy a fun day

You'll need to bring one parent or carer with you.

The venue will provide a PWS friendly, low-calorie lunch, morning and afternoon snack.

Vegetarian options will be available, and we can also provide gluten-free and nut-free choices. Let us know when you register.

We've put together a mixed programme, including:

- An engaging session about Staying Safe Online
- The OFG will lead an activity where you can share your thoughts on health, dietary management and other topics important to you
- A fun workshop in the afternoon, along with a quiet space if you prefer



Time to meet and talk!

If you'd like to join us, simply register on Eventbrite using the purple link on the right or scanning the QR code. Ask a parent or carer to help you if you need support to do this.

Please don't sign up until you are sure you can come and remember you will need one parent/carer with you for the day.

Register for the conference by scanning the QR code below



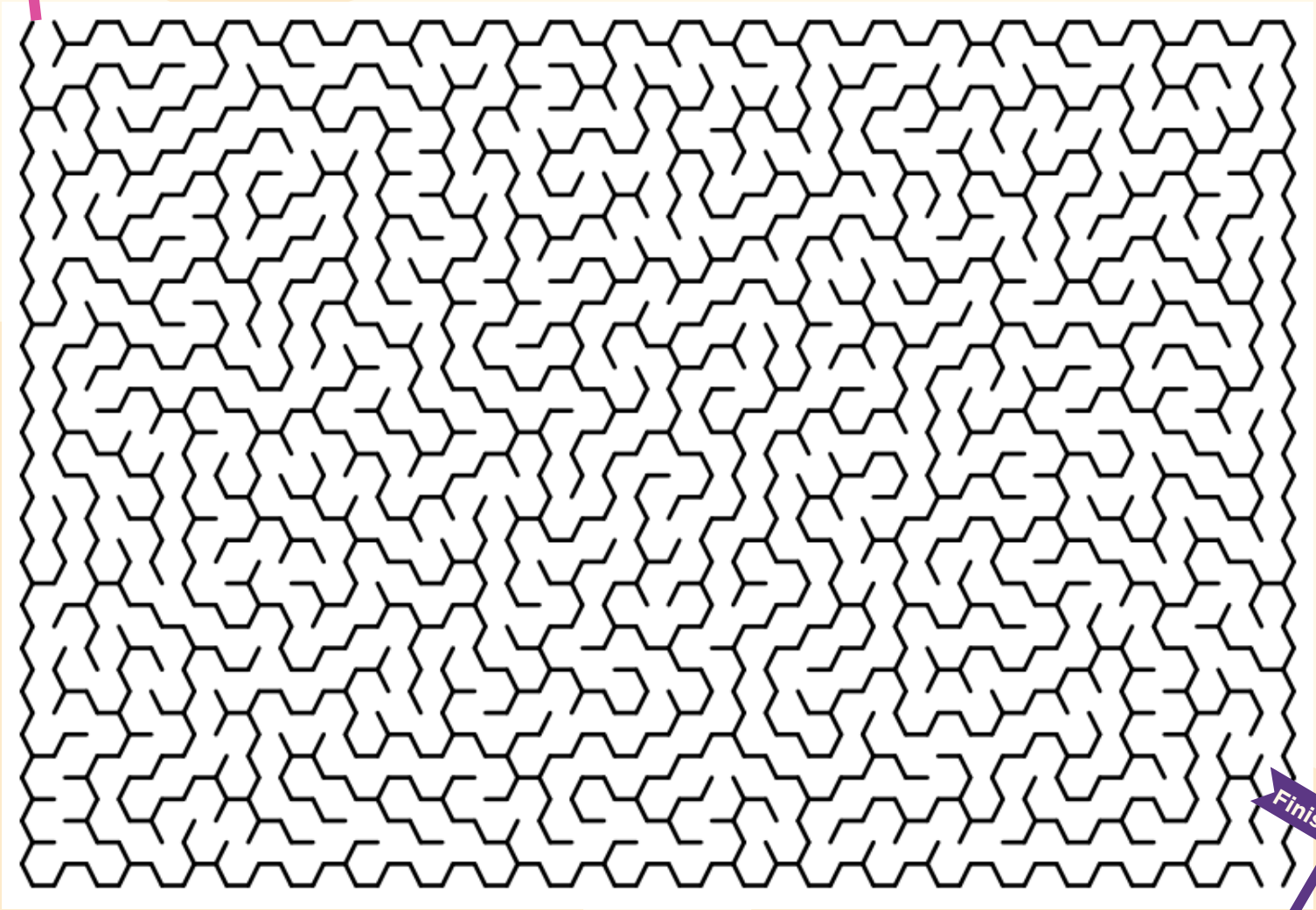
or by using this link:
<https://bit.ly/PWSAUKEvents>



ACTIVITY PAGES

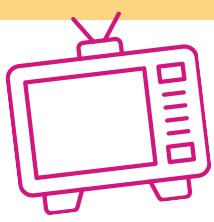


MAKE YOUR WAY THROUGH THE MAZE



CAN YOU FIND 9 DIFFERENCES?





FILM AND TV QUIZ



Q1. If you watch the Marvel movies in chronological order, which movie would you watch first?

- a) Iron Man
- b) Captain America: The First Avenger
- c) Captain Marvel

Q2. Which Hollywood actress voices Princess Fiona in the 'Shrek' movies?

- a) Sandra Bullock
- b) Jennifer Aniston
- c) Cameron Diaz



Q3. Recently Emmerdale and Coronation Street joined forces. What was the Soap Opera called?

- a) Emmery Street
- b) Corridale
- c) Dale Street

Q4. Which Celebrity was a Traitor in 2025?

- a) Jonathan Ross
- b) Joe Marler
- c) Joe Wilkinson

Q5. Chris McCausland won Strictly Come Dancing, but who was his partner?

- a) Amy Dowden
- b) Nancy Xu
- c) Diane Buswell

Q6. In the film Downton Abbey - A New Era. The Crawley family go to a villa in...

- a) Spain
- b) The South of France
- c) The Italian Lakes



Q7. Who plays Glinda in Wicked?

- a) Cynthia Erivo
- b) Michelle Yeoh
- c) Ariana Grande

Q8. Where were the Lord of the Rings movies filmed?

- a) Ireland
- b) Iceland
- c) New Zealand

Q9. Call The Midwife is set in...

- a) The East End of London
- b) Yorkshire
- c) Brighton



Winner!

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

Send your answers by 30th March 2026 to:
PWSA UK c/o Metcalf Commercial
Decorators,
3 Deer Park Road, Moulton Park,
Northampton, NN3 6RX

Name _____

Address _____

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