



HELLO EVERYONE



Welcome to your winter magazine, I hope you are all keeping warm and cozy. Hopefully spring is just around the corner now and we will get some nice weather soon.

Did you all have a good Christmas and New Year? We had some brilliant PWSA parties and it was lovely to see some of you there. Have a look at the photos and see if there's anyone you recognize.

Some of you have been doing some very exciting things! You can read all about Lucy, Fran and Caleb's news in this magazine.



In the magazine for parents and carers, we have been talking about a new set of guidelines for doctors and people who care for you. These are called the Consensus Guidelines and you can read more about those later.

There's also an article about making what's called a 'Lasting Power of Attorney'. Some of you will have done this with your parents or carers. It's when you pick someone (usually a parent or another close relative) to help you make decisions about things like money and where you live. It's good to do this so that your parents or carers can still be involved in your decisions when you are an adult.



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We have lots of community days and events planned this year. These are days when you can meet up with other people with PWS and enjoy PWS-friendly activities like swimming, crafts, games and parties.

Why not see if there is one near you?

April

25th-28th - PWS Community Weekend at Seton Sands Holiday Village, Scotland Join us for a fun-packed seaside weekend for the whole family in the beautiful Lothian countryside.

May

16th-19th - PWS Community Weekend at Ty Mawr Resort North Wales.

Come and get together with other families and enjoy swimming, crafts, beach games and much more, topped off with a party on Sunday.

17th Community Day at Rhyl Miniature Railway

Come and join us for lunch, a train ride and lots of things to do there.

July

We are planning a community day in July in the Oxfordshire area... exact date and location coming soon!

September

19th-22th - PWS Community Weekend at Camber Sands East Sussex.

20th Community day for Camber Sands Weekend.

Join us for a day on the beach! We'll have fun beach games, walking trails, sandcastle building, and a chance to dip in the sea for those who are brave enough!

Register for events here: https://www.pwsa.co.uk/events



WHAT'S BEEN GOING ON?

Lucy's Swimming Success!

Congratulations to Lucy Taylor who won 2 gold medals and 1 silver for her incredible performance in a competition against 80 swimmers across Tayside.

Lucy competed in 4 races at the competition and won gold medals for the 50m back crawl and 50m breast stroke, and silver for the 50m freestyle.

Lucy says "It was a tight race as every swimmer was neck and neck, but I made it to the top three and got a silver, and I just missed out on a bronze medal in the 25m butterfly! My swim times were amazing."

Not only has Lucy been winning medals for her swimming, she's recently been selected to be in the Scottish judo squad!

Well done Lucy, you're amazing.





Daredevil Fran!

Congratulations to Fran, who became to first person with PWS (we think) to do a skydive! Brave Fran jumped out of a plane to raise money for the Mountbatten Hospice on the Isle Of Wight, and raised over £1,200!!

CALEB'S WORK EXPERIENCE

By Caleb, an adult with PWS

As part of my college course I have been doing a work placement at the Imperial War Museum North (IWM) in Salford. I was happy to get the placement. IWM has always been my favourite museum because I've always been interested in learning about wars.

I worked there every Friday morning. I had several jobs, my favourite was talking to the school children who visited and telling them about the artefacts on the trolley. These were; a 'Princess Mary Tin' this was a tin that was given to all the soldiers the first Christmas in the First World War containing cigarettes, a letter from Princess Mary, and Chocolates. There were also special socks the soldiers wore to stop them drowning in the mud, a gas mask and some different war helmets.

I enjoyed my placement because I liked talking to the school children and giving people directions to get around the museum.

My college course is a pre-internship where we learn employability skills and think about what career we want to do. Next year I'm hoping to do a supported internship in the hospital to get a job working with children there.

We would love to hear all about what jobs or work experience you do. Send us an email or letter with some photos so we can put it in the next issue!





STAYING WELL AND KEEPING HEALTHY



In the magazine for parents and carers we have been talking about making sure people with PWS get the best possible care from doctors and the other people who look after you.

Because PWS is rare, some doctors don't know that much about it - you will probably have met some people who have never even heard of it!

PWS is also quite complicated and it can affect how our bodies and brains work in lots of different ways.

To make sure that everyone with PWS gets the right care, a group of the top PWS doctors have agreed some guidelines. These guidelines explain what care and treatment people with PWS should receive to keep them healthy.

If you or your carer wants to check you are getting the right care, they can check the guidelines on the website here: https://www.pwsa.co.uk/PWSBestPracticeGuidelines

If you are worried about anything to do with your health, you can always email supportteam@pwsa.co.uk or call the PWSA UK on 01332 365 676.

MEET TRACEY

PWSA UK's New Specialist Advisor for Northern Ireland

We're delighted to welcome Tracey as our new PWS Specialist Advisor for Northern Ireland! With over 10 years of experience in disability support, she is passionate about helping people with PWS and their families.

Tracey joined PWSA UK in November 2024 and is ready to support families by providing advice, advocacy, and helpful resources to strengthen the PWS community in Northern Ireland.

"I'm looking forward to learning more about PWS and working closely with families to make sure they get the support they need," says Tracey. Whether you need help with healthcare, education, or just someone to talk to, she's here for you.



Tracey's working hours are Tuesdays & Fridays, 9 AM – 5 PM

You can contact her via: todonnell@pwsa.co.uk

We're so pleased to have her on the team and can't wait to see the difference she makes!



ACTIVITY PAGES



Healthy Habits Wordsearch



| E | L | T | W | T | M | Ε | R | P | 0 | I | Ε | T | G |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| I | L | Α | D | Ε | С | N | Α | L | Α | В | U | Н | M |
| Α | D | ٧ | Α | X | P | W | Н | Υ | D | R | Α | T | Ε |
| С | S | M | G | Ε | ٧ | Ι | T | Ι | S | 0 | P | Ι | 0 |
| Ε | S | Ι | M | R | N | N | F | Ε | W | Α | 0 | T | S |
| S | В | N | Α | С | ٧ | S | Ε | Α | Α | Н | Ε | R | С |
| N | L | D | P | Ι | Α | I | T | T | R | Ε | U | Α | Н |
| 0 | M | F | С | S | K | Ε | T | S | I | P | Ε | Ε | Ε |
| I | S | U | I | Ε | R | K | D | Α | R | R | N | Ε | С |
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| Р | P | S | N | D | С | G | Υ | С | С | Υ | Ε | S | S |
| T | Υ | S | F | U | K | Н | Α | S | P | N | Ε | 0 | Α |

Can you find all 14 words related to **healthy habits**

MINDFULNESS WATER

> SLEEP POSITIVE HYGIENE

FRUITS BALANCED

PORTIONS CHECKUPS

ACTIVE HYDRATE

VITAMINS PROTEIN

EXERCISE













Spring into Laughter Spring time jokes to brighten your day!

Why did the sun go to school?

To get a little brighter!

What do you call a rainy spring day in Britain?

...Tuesday!

Why do birds in the UK always know the weather?

Because they have their own tweet-er updates!

Why did the gardener plant a light bulb?

Because he wanted to grow a power plant!

SPRINGTIME IN THE UK QUIZ



Test your knowledge of UK springtime with this fun fill-in-the-blanks quiz! We've removed the vowels to make it trickier! From flowers and wildlife to weather and seasonal events, see how many answers you can complete. Enjoy the challenge and celebrate the season!

1) What season comes before Spring?

WNTR

2) Which yellow flower is often seen in fields and gardens in spring?

D_FF_D_L



3) What do trees start to grow in spring?

L__V_S _ND BL_SS_MS

4) Which baby animals are often born in the UK during spring?

L_MBS _ND CH_CKS

5) What is the name of the small birds that build nests in spring?



 R_B_NS

Winner!

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

Send your answers by 14th April 2025 to: PWSA UK c/o Metcalf Commercial Decorators,

3 Deer Park Road, Moulton Park, Northampton, NN3 6RX 6) What weather do we often get in spring?

S_NSH_N_ _ND SH_W_RS

7) Which garden tool is used for digging in the soil?

SP_D_

8) What time of year do clocks go forward one hour?



SPR NG

9) What do bees collect from flowers in spring?

P_LL_N



10) What is the name of the big horse race that happens in the UK in spring?

TH_ GR_ND N_T__N_L

Name_____Address_____

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