

# ALD MONTHLY NEWSLETTER



OCTOBER 2025



This month, we celebrated wellness and positivity while joining in the Diwali festivities – honouring the Festival of Lights and it's spirit of hope, unity, and new beginnings. Wishing everyone a bright, healthy, and joyful season. Don't miss our Halloween special edition!



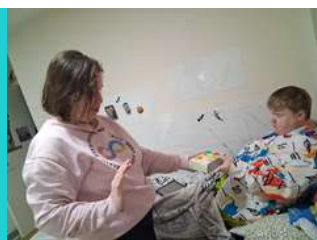
## HAPPY BIRTHDAY THOMAS!!

Thomas celebrated his 30th birthday! He started the day celebrating with family, then enjoyed a fun afternoon at the park where he cut his birthday cake. Later, Thomas and the team went out for dinner, his very first meal out with staff! It was a wonderful day filled with smiles and special moments.



## HAPPY BIRTHDAY STORM!!

Storm celebrated her 34th birthday this month and expressed that it was one of her most memorable and enjoyable occasions. We extend our warmest congratulations and best wishes to her for continued happiness and success.



## BIRTHDAY CELEBRATION!!

A lovely happy birthday to Francesca's mum! Francesca and her team enjoyed a nice celebration together.



## ROB'S TRAIN TRIP

Rob made some wonderful progress in exploring new places and participating in community activities. With staff support, he visited Redhill for the very first time, travelling by train and bus. It was an exciting experience that he thoroughly enjoyed!



## ALD COFFEE MORNING

Alex, Georgina, Saad and Sophie came together for a relaxing coffee morning at the White House (Egham) this month



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## DIWALI CELEBRATIONS



Alex, Julia and Storm celebrated Diwali with their teams and helped to decorate the front door with diyas.

## HILLCREST ACTIVITIES AND ACHIEVEMENTS

Storm started a new hobby of reading she is going to the Library. She had a wonderful time at Flip Out, Hounslow, where she took part in several fun activities with great enthusiasm and energy. Storm enjoyed both golf and a delightful encounter with park's dinosaur attraction.

Sophie went to a day trip to Brighton Beach where she soaked up the lightly sun, sea breeze, and plenty of good vibes. • Sophie enjoyed her first-ever cycling experience at beautiful Bushy Park - a day full of smiles, energy, and new beginnings!

Georgina was delighted to receive a Gold Certificate after successfully losing 2.5 pounds - a great achievement! Well done Georgina!

Hillcrest staff achieved a dancing session for Georgina, Sophie and Storm.



## JAY'S ACTIVITIES

Jay is making the most of the autumn season, delighting in festive market strolls and soaking up the Halloween and Christmas decorations. Always on the move, Jay enjoys long walks and hikes across Dartford Heath and has recently added a spark of creativity by joining a drama course in London.

## BESTIES!!

friends

Anna and Emma loved spending time together and sharing lots of smiles!



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## DAVID'S PICNIC



David had a picnic with staff members at Newlands Corner

## HARVEY'S TRIPS



Harvey visiting Legoland Adventure Park in Windsor and Aethelstan Recreation Ground in Kingston



## IMONA'S ACTIVITIES



Imona had a great time playing mini golf with the staff and enjoying the fresh air in the park.

## MOLLIE IN WALES



Mollie visited Wales recently and she enjoyed the trip.



## RAJAN AT THE CINEMA

Rajan went to Feltham Cineworld to watch Smurfs.



James and Maria went to Horsham Park and they enjoyed seeing the swans



Thomas enjoyed a trip to Alice Holt Park



James enjoying sunshine

Saad visited Hounslow Lampton park to see night fireworks



## MAKATON SIGN OF THE MONTH

Halloween



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## CELEBRATION



Akram's team celebrated service of the month with him and his family





**SPECIAL EDITION**



**OCTOBER 31**



**AT 07:00 PM**







