



AUTUMN NEWSLETTER

SEPTEMBER - DECEMBER 2026

Hi everyone!

After the blazing summer we've enjoyed the past few months, it's hard to believe that autumn is here! As the days begin to cool and darker evenings approach, we're now finally starting to see the first signs of autumn.

This season is a perfect excuse to wrap up for crisp days out or stay cosy at home with hot chocolates and blankets.

Autumn encourages us to slow down a little, enjoy the changing seasons and appreciate the simple pleasures that make this time of year so lovely.

WHAT WE'VE BEEN UP TO

Celebrating Lynne's Retirement



After years of dedicated work, we wished our wonderful Occupational Therapist, Lynne, a very happy retirement.

On Lynne's last day, we had a small get-together to celebrate her retirement and give everyone at ACM the opportunity to say goodbye. It was a lovely chance to come together, share memories and thank Lynne for all of her hard work and commitment.

Lynne has been a valued member of the team. Her knowledge, kindness and dedication will certainly be missed by colleagues and the clients she supported throughout her career.

We would like to wish Lynne all the very best. We hope her retirement brings her happiness, relaxation and the time to enjoy the things she loves.

Thank you for everything Lynne!

Things that make our team happy

After saying goodbye to Lynne and finishing off the most wonderful carrot cake she made for us all as a parting gift, the team got back to work.

However, we did encourage them to take some time away from their desks to spend time outside and share with us what makes them happy. We thought we would share some pictures with you and hopefully some of them will make you smile.





WHAT'S ON THIS AUTUMN



There are lots of things going on up and down the country throughout Autumn. In this page, we have outlined some ideas for activities and dates for your diary.

WORLD MENTAL HEALTH DAY - 10TH OCTOBER

World Mental Health Day is a day to raise awareness of mental health and encourage everyone to take some time to look after their wellbeing. Whether it's getting some fresh air, spending time with friends and family, or simply taking time to relax, there are many ways to support our mental health.

It's a reminder that looking after our minds is just as important as looking after our bodies. Take time for yourself, enjoy the things that make you happy



HALLOWEEN

Halloween is just around the corner. Days are getting darker and the spooky season is approaching. Whether its dressing up, decorating your space, sharing tricks and treats with those around you or simply just enjoying the festivities.

It's the perfect excuse to get creative and have some fun, maybe try carving pumpkins, decorating cookies, dressing up or enjoying a scary movie. We hope you have a *spooktacular* Halloween!



INTERNATIONAL STRESS AWARENESS WEEK - 3-6TH NOVEMBER

International Stress Awareness Week is an opportunity to pause and think about how stress can affect our well-being.

Stress is something we all experience. It is good to talk about things that make us feel stressed and recognise the signs of stress. It is also good to understand what helps us de-stress, this may be a warm bath, spending time with loved ones or animals, having alone time or spending time outdoors.

Make time to look after yourself and check in with others.



BONFIRE NIGHT

Bonfire Night is celebrated on the 5th November. If you enjoy fireworks or a bonfire, it is always best to attend an organised event and there is likely some events taking place in your local area. For local event ideas, check social media, search the internet and look out for local adverts or notices.

If you would like a quieter way of celebrating bonfire night, without the fireworks, have a look on The Wildlife Trust website, they offer fun without the fireworks .



INKTOBER

Inktober is an annual drawing challenge that takes place from October 1st to October 31st. There is a prompt sheet with individual words and the task is to create a piece of art relating to that word.

There is no pressure to complete all 31 days, some people may choose a prompt or two a week. There are no rules, and this is for all abilities, so if you enjoy art, maybe give it a try.



****IF YOU NEED ANY HELP LOOK FOR SPECIFIC EVENTS, PLEASE SPEAK TO CASE MANAGEMENT OR CONTACT US USING THE DETAILS ON THE LAST PAGE ****



ALL ABOUT YOU



Sam's America Adventures – Part 2

Orlando, Florida

The second part leads me to the sunshine state of Florida!

I'm a big fan of Harry Potter and theme parks; both of these interests lead me to Orlando Florida.

I went for 10 days in September 2019 with a support worker. We stayed at Loews Sapphire Falls Resort in Universal Orlando Florida. We flew in direct from Manchester Airport, which was around 9 hours.

The main attraction for me there was the Harry Potter WIZARDING World, I was like a kid in a sweetshop, the 7-year-old version of myself came out!

Straight in Diagon Alley, got my Gryffindor robe at Madam Malkin's then straight to Ollivander's for my wand. All set for platform 9 ¾ to Hogwarts!

Walking around the WIZARDING World of Harry Potter was like being in the films. I genuinely felt I was a Hogwarts student.

Throughout the 10 days, I visited both Universal parks, Universal studios and Universal islands of adventure. We got Ubers to Disney's Hollywood studios and magic kingdom which I fully enjoyed. Also, due to fatigue, we planned rest days at the pool in the resort.

I highly recommend Orlando Florida, especially if you are into theme parks or Harry Potter.



A special visitor was spotted recently..! One of our clients enjoyed meeting Paddington Bear and stopped to capture the moment with a photo. It made for a lovely moment and a great opportunity to capture a fun memory.



One of our clients, Zoe, has shared photos from some of her activities in the previous months. From making a special birthday cake for her mum and spending time with animals at My Life, she's been keeping busy and making some wonderful memories.





FROM US TO YOU



We would really like to hear from you! This could be an idea for the newsletter, something you've achieved and are proud of, an activity you've attended and enjoyed, photographs from your adventures – or even pictures of your pets.

We'd love to share these in a future newsletter.

Please send any queries, ideas, information and pictures to **emily@activecasemanagement.co.uk** or if you would prefer to speak to us, please ring the office on **01942 396 556**.

OTHER NEWS



In August, the country was treated to a rare astronomical event: a solar eclipse.

We hope some of you got to view this either through safety glasses or even through a homemade safety device, such as a colander or a pinhole projector.

One of our clients, Lucas, took these lovely photos to share with you all.

Active Case Management Website

Our newsletters are now displayed on our website as well as being sent out to everyone via email or post.

The address for our website is:
<https://activecasemanagement.co.uk/>

We also have a Meet the Team section on the website where you can see everyone on our team.

Keep an eye out for updated pictures of the team coming soon!



#EveryPersonEveryStory #ChampionWhatMattersKnowOurStuff #HonestConversationsStrongRelationships #WorkTogetherSucceedTogether



A MESSAGE TO TAKE AWAY



There's always something to look forward to, whether it's a big milestone or simply a little moment that makes you smile. Make time for the things that bring you joy, surround yourself with good people and enjoy the moments along the way. Remember, you don't need a reason to celebrate the good things – sometimes the little things are worth celebrating too!

Keep smiling, keep moving forward and make the most of what's ahead.