



# Insight Dynamics Newsletter Spring 2016



**Insight: Providing support which fulfils individual 's  
potential in their community.**

The insight team work with shared goals to provide a  
Supportive and safe environment. We are committed to  
providing a person centred service, which is tailored to  
individual needs and promotes independence and inclusion.



## **Visit To Thelma Hulbert Museum**

On 1st April we made a visit to  
the Thelma Hulbert Museum.  
We saw an art exhibition and  
then we worked with local artists  
to make clay pieces. We left them  
for another Exhibition later in  
the year.

In the picture I'm working with  
Tony. The other picture is of the  
whole group from Insight.



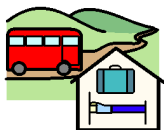
**By Jason & Hannah**



# Individual support



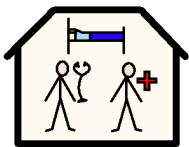
Paid and voluntary work



Short breaks



Community enabling



Health checks - doctor and dentist



Life skills - cooking, shopping, using money, numbers and reading



Creative activities - making and mixing music, producing and recording plus creative arts.

## **Insight News:** compiled by Insight service users.



### **Saying Goodbye To Nick Furze**

**It was Nick Furze last day at Insight on the 30th March, he has moved to Bodmin, Cornwall.**

**We had a farewell party for Nick and we also went bowling.**

### **Princes Trust**

**During April The Princes Trust came to work with us, They showed us how to face paint and also did some baking with us.**

**We also dug up the time capsule from last year.**

**By Debs & Ann**





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