



Spectrum WASP Newsletter

April-May 2024



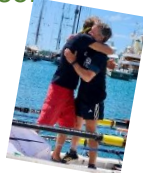
Spring is blooming with possibilities...

Spectrum WASP is overwhelmed with gratitude and would like to say a “HUGE” thank you to our dedicated Chairperson, Committee/Trustee Members, Volunteer Parents/Carers of the Fundraising Events Team, Registered Families, and Everyone who contributed to the outstanding success of our first of many Fundraising Evenings... On the evening, we raised an incredible amount of £772.46 together, a truly remarkable achievement! The children, young people, and families in attendance had a fantastic time and the room was filled with joy, laughter, and smiles all around. We enjoyed a family quiz, bingo for all, donkey derby just to name but a few events held on the evening. Additionally, our annual Easter Raffle, which was drawn at the Fundraising Event, raised an impressive £468.00, with special congratulations to Theo and Rex for winning the first prize. We are truly thankful to everyone who generously donated eggs for our raffle...Your support and generosity have made a significant impact on our Group, and we are deeply appreciative of each and every one of you...It is through the kindness and dedication of individuals like you that we are able to continue our important work and make a positive difference in the lives of those we support...



They're BACK!!!

Spectrum WASP is excited to share the incredible news of George and Russ successfully completing their monumental journey across the Atlantic Ocean. Covering an impressive distance of 3500 miles, the duo arrived in Antigua, marking a significant milestone in their efforts to raise funds and awareness for dementia. Despite facing challenges such as stormy seas, unpredictable weather, and even encounters with flying fish, George and Russ persevered with unwavering determination, making their achievement truly outstanding. The recent cupcake sale organised by Spectrum WASP during the fundraising evening contributed a fantastic sum of £128.88 for Oar Blimey, further supporting their amazing cause.



Charity of the year...

Russell Scanlan, an established Insurance Broker based in Nottingham, has recently announced Spectrum WASP as their chosen charity of the year. With a long-standing presence in Nottingham's city centre for 143 years, Russell Scanlan values community engagement and giving back. The company involved its team in selecting the charity for their 2024 fundraising efforts through a voting process. This initiative, now in its twelfth year, reflects Russell Scanlan's commitment to making a positive impact by supporting local organisations like Spectrum WASP. The team's dedication to getting involved and offering assistance highlights their desire to contribute meaningfully to the community.



A heartfelt thank you goes out to Russell Scanlan and their team for their charitable efforts and all their support for Spectrum WASP.



Support and Event's Committee Corner

Coffee 'Social' Evening...Spring/Summer Events

Join Heather and the Sub Committee for a Social Tea/Coffee Evening @ Pine House A, Ransom Wood to discuss Up and Coming Events and Fundraising...This is open to all Registered Parents/Carers

Wednesday 1st May @ 7.00 – 8.30pm

It's BACK...Committee Social Fundraiser Evening

With the huge success of the family Fundraising evening our committee is holding another social event for Spectrum WASP open to all registered Families...Bring along your own drinks, snacks and alcoholic beverages on the evening...More information to follow...

Book via info@spectrumwasp.org

@ Turner Hall, 13 Welbeck Road, Mansfield, NG19 9JY...

Saturday 21st September








I AM Spectrum WASP




Heather is the dedicated Spectrum WASP Management Committee Chairperson, bringing years of experience to her role. Alongside her husband Mike, a fantastic Football Coach within Spectrum WASP, she balances her commitment to the organisation with her passion for crafting through her hobby of "Needles and Threads". In her spare time, Heather enjoys indulging in a big cup of milky tea, embarking on holidays with her family in their caravan, and demonstrating her remarkable nature through her involvement in fundraising, social coffee evenings, and the 12 days of Christmas fundraiser just to name but a few events for Spectrum WASP. Heather's twin son's Brad and Liam (*who both have a dual diagnosis of Autism & ADHD*) and chocolate labrador, Molly, complete her loving family dynamic, showcasing her all-round caring personality.

Thank you from all at Spectrum WASP Heather for everything you do...






DATES FOR THE DIARY APRIL-MAY 2024

April 15th 	Monday Coffee Morning Returns	Coffee Morning – Open to ALL Registered Parents/Carers - First Coffee Morning back after the half term break. Come along and enjoy a 'Cuppa & Catch Up' between 9.30-11.30am at Pine House A, Ransom Wood NG21 0HJ with Sue, Jeni, Jess and Maria... See you there! <u>Dates for Coffee Morning Sessions:</u> April 22nd, 29th May 13th 20th Coffee morning returns Monday 3 rd June AFTER Half Term Week
April 16th 	Tuesday FOOTBALL GOES OUTDOORS ON TUESDAY 7TH MAY WITH A TIME CHANGE Meeting @ 5.45pm to start prompt at 6.00-7.00pm	FOOTBALL INDOORS... Football Skills/Matches are open to All our Registered Children/Young People 9-18yrs, sessions will be in the ' INDOOR SPORTS HALL ' @ Joseph Whitaker Sports College, Warsop Lane, Rainworth, NG21 0AG. Meeting @ 5.15pm to start prompt at 5.25pm till 6.25pm. Remember to bring your Drinks Bottle/Shin Pads and wear your Training Kit. Georgia will be on hand to Meet & Greet you. All Parents/Carers 'Welcome' to Support. Donation is £3.00 per week. Book your place @ info@spectrumwasp.org FOOTBALL Returns OUTDOOR'S Tuesday May 7th on the 3G Astro Turf Pitches @ Joseph Whitaker Sports College, Warsop Lane, Rainworth, NG21 0AG. Meeting @ 5.45pm to start prompt at 6.00-7.00pm Dates For Football – April 16th, 30th May 14th, 28th MTFC Coach Attending – April 23rd, May 7th, 21st
April 17th	Wednesday Evening Music Session for All 9-18yrs ... TIME CHANGE 4.00-6.00pm Last session May 22nd until June 5th	MUSIC- Open to all registered families for Children/Young People/Siblings 9-18yrs. Enjoying the MUSICAL INSTRUMENTS you've always wanted to try. E.g., Drumming, Keyboard, Layering Music with Computers, Guitar, Song writing, Sound Recording, Singing, Making a Band and Much More. FOUR Amazing Tutors support the session @ The Old Library, Leeming Street, Mansfield...NG18 1NG Every Wednesday (<i>Term time only</i>) Between 4.00pm-6.00pm ('Drop-in' Session after School) Parents/Carers Welcome to stay and enjoy a Tea/Coffee/Juice in the lounge area, to have a little 'U' time with other Parents/Carers, while waiting for your Young Person – Donation is £3.00 per week <u>Dates for Music Session April-May</u> April 24th May 1st 8th 15th 22nd
April 17th	Wednesday	<u>New Parents Meeting EVENING – By Invitation Only</u> New Parents/Carers are invited to join Spectrum WASP @ Pine House A, Ransom Wood, Mansfield, NG21 0HJ with Sue/Jeni/Jess/Maria. To answer any questions about Spectrum WASP and find out about how we can support your Child/Young Person/Siblings & family. Meeting starts 7.00-8.30pm. Booking essential through info@spectrumwasp.org
April 18th	Thursday 5-10yrs	<u>After School Cookstars with Steph 5-10yrs</u> 'Cooking Made Fun' Learning Basic Cookery, New Skills and Fun Cooking Together...An Apron, with all equipment and fresh ingredients will be provided, along with a recipe card to try and take home... LIMITED NUMBERS, booking is essential...To Meet @ 4.15pm at Pine House A, Ransom Wood, NG21 0HJ...to Start our Activity at 4.30pm-5.45pm...Donation £5.00, Book via info@spectrumwasp.org
April 19th	Friday	<u>Teen's Club 11-18yrs</u> – Out & About Pool & Pizza, Exclusive use in the front games room @ The Towers, Botany Avenue, Mansfield NG18 5NG. Meeting at 4:45pm to start 5:00pm-7:00pm. All equipment provided. Pizza/Chips/Juice to enjoy on the night with Friends. Donation is £6.50. Book your place @ info@spectrumwasp.org
April 21st 	Sunday 10-18yrs ... MONTHLY FOOTBALL MATCHES Via FA Pan Disability League	<u>FA Football Team Match</u> – for Spectrum WASP Football Team/Young People 10-18yrs. Supported by Our Parent Coaches Adam/Garry/Mike @ Gresham Sports Park, Gresham Park Rd, West Bridgford, Nottingham NG2 7YF. All Training Kits to be worn on the Day with Astro Turf Boots/Trainers. Football Tops will be given out after a Warm-up session for those coming along. Remember your Shin Pads/Goalie Gloves. Meeting @ 12 Noon to start at 12.30pm. Remember your Drinks Bottle/Snack, Parents/Carers to remember Chairs/Picnic Blankets/Flask Hot Drinks, Wrap Up Warm, for those coming along to support on the day FREE Session

<p>April 24th</p>	<p>Wednesday</p>	<p>AGM MEETING Open to all registered Parents/Carers...Annual AGM meeting @ Pine House A, Ransom Wood, NG21 0HJ...To start at 7.00pm-8.30pm</p>
<p>April 26th</p>	<p>Friday</p>	<p>Teen's Club Calverton 11-18yrs – Out/About Session - Basketball, Football, Followed by a Teen's Sensory Swim Session @ Calverton Leisure Centre, Flatts Lane, Calverton, NG14 6JZ. Meeting there at 5.45pm, for the Indoor Soft Play/Football Session Starting 6.00-7.00pm, followed by the Sensory Swim Session at 7.10pm-8.00pm. Juice/Snack provided after Swimming... Remember your Drinks Bottle and Swimming Kit/Towel/Goggles if needed. Donation is £6.00 for both sessions or £3.50 for one session (either) Book your Place @ info@spectrumwasp.org</p>
<p>April 28th</p> 	<p>Sunday</p> <p>MONTHLY RECYCLING COLLECTION</p>	<p>Throw Out the OLD & Buy in the New! Drop off your 'Clothing' Recycling @ Pine House A, Ransom Wood, Mansfield, NG21 0HJ between 9:30-11:30am. This supports fundraising for Spectrum WASP Children's charity throughout the year, which provides activities, workshops and events for our Local Children, Young People/Siblings to enjoy together. Please let your Friends/Family/Neighbours know, so they can come along and drop off their Recycling too! It's great to have your Support... £81.60 raised at the last collection!</p>
<p>April 29th</p>	<p>Monday</p>	<p>Mindfulness Monday Meditation Workshop with Liz Join us for a Coffee Morning of Mindfulness with Liz from Vision West Notts College learning all about the benefits of Meditation. All materials will be provided on the day as well as unlimited Tea/Coffee @ Pine House A, Ransom Wood, NG21 0HJ, 9.30-12.00 Noon... BOOK YOUR PLACES - This is a FREE session</p>
<p>May 1st</p>	<p>Wednesday</p>	<p>Coffee 'Social' Evening...Spring Events Join Heather and the Sub Committee for a Social Tea/Coffee Evening @ Pine House A, Ransom Wood, NG21 0HJ, from 7:00-8:30pm to discuss Up and Coming Events and Fundraising...This is Open to all Registered Parents/Carers. BOOKING ESSENTIAL</p>
<p>May 2nd</p>	<p>Thursday</p> <p>11-18Yrs</p>	<p>After School Cookstars with Steph 11-18yrs 'Cooking Made Fun' Learning Basic Cookery, New Skills and Fun Cooking Together...An Apron, with all equipment and fresh ingredients will be provided, along with a recipe card to try and take home... LIMITED NUMBERS, booking is essential. To Meet @ 4.15pm at Pine House A, Ransom Wood, NG21 0HJ...to Start our Activity at 4.30pm-5.45pm... Donation £5.00, Book via info@spectrumwasp.org</p>
<p>May 3rd</p> 	<p>Friday</p>	<p>Teens Club Lockwell Hill Quadding and Archery 11-18yrs @ Lockwell Hill Activity Centre, Quad Biking and Archery Session. Each activity will be under the supervision of trained Instructors, with 1hr of Quad Biking around a purpose-built track, in and out of ditches, and through rough woodland terrain, followed by 1hr of Archery, learning how to comfortably shoot correctly using re-curve bows Meeting @ Lockwell Hill, Kirklington Road, Farnsfield, Newark, NG22 8BP @ 4:45pm with the session to start 5:00-7:00pm Please ensure all Teens wear suitable outdoor clothing, footwear and a drink... Donation of £15.00 per Young Person... Limited places...Book via info@spectrumwasp.org</p>
<p>May 7th</p>	<p>Tuesday</p> <p>Time change 6.00-7.00pm</p>	<p>FOOTBALL Returns OUTDOOR'S on the 3G Astro Turf Pitches @ Joseph Whitaker Sports College, Warsop Lane, Rainworth, NG21 0AG. Meeting @ 5.45pm to start prompt at 6.00-7.00pm Remember to bring your Drinks Bottle/Shin Pads and wear your Training Kit. Georgia will be on hand to Meet & Greet you. All Parents/Carers 'Welcome' to Support. Donation is £3.00 per week. Book your place @ info@spectrumwasp.org</p>
<p>May 8th</p>	<p>Wednesday</p>	<p>New Parents Meeting – By Invitation Only New Parents/Carers are invited to join Spectrum WASP @ Pine House A, Ransom Wood, Mansfield, NG21 0HJ with Sue/Jeni/Jess/Maria. To answer any questions about Spectrum WASP and find out about how we can support your Child/Young Person/Siblings & family. Meeting starts 10.00am-11.30am Booking essential through info@spectrumwasp.org</p>

<p>May 10th</p>	<p>Friday</p>	<p>Teen's Club 11-18yrs – Out & About Pool & Pizza, Exclusive use in the front games room @ The Towers, Botany Avenue, Mansfield NG18 5NG. Meeting at 4:45pm to start 5:00pm-7:00pm. All equipment provided. Pizza/Chips/Juice to enjoy on the night with Friends. Donation is £6.50. Book your place @ info@spectrumwasp.org</p>
<p>May 13th</p>	<p>Monday</p>	<p>Teens Club Spectrum WASP Visit Dawn House Teen's Club 11-18yrs – Sports and Social Night @ Dawn House School, Helmsley Road, Rainworth NG21 0DQ with the Staff/Team, and Residential Students. Time to Chill and Relax with Friends. Bring along your own Juice Bottle, and wear Trainers for their outdoor grass (weather permitting) or for the indoors sports hall/social area, including board games etc. Snacks/Juice provided...Parents/Carers/Siblings all 'Welcome' to come along. Meeting at Dawn House 6:00pm-8:00pm...FREE SESSION - Book your Place @ info@spectrumwasp.org</p>
<p>May 15th</p>	<p>Wednesday</p>	<p>Trustee Meeting @ Pine House A, Ransom Woods, Meeting at 6.45pm to start prompt @ 7.00-8.30pm...Open to all Trustees</p>
<p>May 16th</p>	<p>Thursday 5-10Yrs</p>	<p>After School Cookstars with Steph 5-10yrs 'Cooking Made Fun' Learning Basic Cookery, New Skills and Fun Cooking Together. An Apron, with all equipment and fresh ingredients will be provided, along with a recipe card to try and take home. "Cooking Made Fun" LIMITED NUMBERS, booking is essential To Meet @ 4.15pm at Pine House A, Ransom Wood, NG21 0HJ...to Start our Activity at 4.30pm-5.45pm... Donation £5.00, Book via info@spectrumwasp.org</p>
<p>May 17th</p>	<p>Friday</p>	<p>NO TEENS DUE TO DAWN HOUSE VISIT ON MONDAY</p>
<p>May 19th</p>	<p>Sunday 10-18yrs ... BOYS/GIRLS MONTHLY FOOTBALL TEAM GAMES Via FA Pan Disability League</p>	<p>LAST MATCH OF THE SEASON FA Football Team Match CUP FESTIAVL– for Spectrum WASP Football Team/Young People 10-18yrs. Supported by Our Parent Coaches Adam/Garry/Mike @ Gresham Sports Park, Gresham Park Rd, West Bridgford, Nottingham NG2 7YF. All Training Kits to be worn on the Day with Astro Turf Boots/Trainers. Football Tops will be given out after a Warm-up session for those coming along. Remember your Shin Pads/Goalie Gloves Time to be confirmed... <i>normally meeting @ 12 Noon to start at 12.30pm.</i> Adam to confirm nearer the time. Remember your Drinks Bottle/Snack, Parents/Carers to remember Chairs/Picnic Blankets/Flask Hot Drinks, Wrap Up Warm, for those coming along to support on the day FREE Session</p>
<p>May 20th</p>	<p>Monday</p>	<p>Mindfulness Monday Walk around Ransom Wood and Willow Weaving Join us for a Coffee Morning of Mindfulness with Charles from Ransom Wood, with a walk around the wonderful site of Ransom Wood followed off with some Willow Weaving in the Paddock...To meet @ 9.30am-11.30am at Pine House A, Ransom Wood, NG21 0HJ... This is a FREE session...Book via info@spectrumwasp.org</p>
<p>May 24th</p> 	<p>Friday</p> 	<p>FUNDRAISER ALERT - Social Night At The Dogs – Spectrum WASP Family Social Night Out for ALL Families to enjoy @ Nottingham Greyhound Stadium, Colwick Rd, Nottingham, NG2 4BE. Enjoy a fun packed Family night out with us to enjoy the Dog Racing with Chips/Peas supper which can be purchased on the night. This supports Fundraising for Spectrum WASP Children's Charity. Ask Family/Friends/Neighbours to join us. Tickets will be 1 for £3.00 or 2 for £5.00 for adults, which is a 'Bargain' as these are normally priced at £7.00 each. Children/Young People up to 18yrs are able to come along for just £1.00 payable on the door. Jeni will be baking her DELICIOUS cupcakes which will be available on the evening for a donation – yummy! Book your Adult Tickets via info@spectrumwasp.org</p>
<p>May 26th</p> 	<p>Sunday</p> <p>MONTHLY RECYCLING COLLECTION</p>	<p>Throw Out the OLD & Buy in the New! Drop off your 'Clothing' Recycling @ Pine House A, Ransom Wood, Mansfield, NG21 0HJ between 9:30-11:30am. This supports fundraising for Spectrum WASP Children's charity throughout the year, which provides activities, workshops and events for our Local Children, Young People/Siblings to enjoy together. Please let your Friends/Family/Neighbours know, so they can come along and drop off their Recycling too! It's great to have your Support...</p>

MAY HALF-TERM

<p style="text-align: center;">May 28th</p> 	<p style="text-align: center;">Tuesday</p>	<p><u>Introduction to First Aid</u> - Join Spectrum WASP for a morning of learning lifesaving skills including basic CPR, Choking, First Aid Treatment and a taster of Spectrum WASP very own Defib/Training Defib in action...This is a session not to be missed with Certified TA Paul taking the session... 5-10yrs to meet @ 9.45am for the session to start at 10.00-11.00am 11-18yrs to meet @ 11.00 for the session to start at 11.15-12.15pm...The sessions will be held @ Pine House A, Ransom Wood, NG21 0HJ Donation £3.00, Limited places...Book via info@spectrumwasp.org</p>
<p style="text-align: center;">May 29th</p>  	<p style="text-align: center;">Wednesday</p> <p style="text-align: center;">X2 Sessions</p> <p style="text-align: center;">Cookstars Or Gymstarz</p>	<p><u>Cookstars with Steph.</u> 'Cooking Made Fun' Learning Basic Cookery, New Skills and Fun Cooking Together. An Apron, with all equipment and fresh ingredients will be provided, along with a recipe card to try and take home "Cooking Made Fun" LIMITED NUMBERS, Booking is essential 5-10yrs Session To meet at 9.45am and start @ 10.00-11.30am 11-18yrs Session To meet at 11.45am and start @ 12.00-1.30pm @ Pine House A, Ransom Wood, NG21 0HJ... Donation £5.00, Book via info@spectrumwasp.org</p> <p style="text-align: center;">OR</p> <p><u>Gymstarz</u> with Gareth and the Team will include Trampolining, Gymnastics, Fun and Games... 5-10yrs Session To meet at 10.15am and start @ 10.30-11.30am 11-18yrs Session To meet at 11.30am and start @ 11.45-12.45pm...Gymstarz is on site at Ransom Wood, NG21 0HJ (Turn left at the first roundabout as you enter Ransom Wood and look for the large grey building to your left) Remember to bring your Drinks Bottle to Gymstarz...Donation of £3.50...Book your place via info@spectrumwasp.org</p>
<p style="text-align: center;">May 30th</p> 	<p style="text-align: center;">Thursday</p>	<p><u>Ramsdale Golf Centre</u> Join Spectrum WASP at Ramsdale Park Golf Centre for a morning of fresh air and fun...We have 2x sessions running for different age groups with Pirate Golf for the 5-10yrs or The Driving Range for 11-18yrs...Meeting at Ramsdale Park Golf Centre, Oxtou Road, Calverton, NG14 6NU @ 9.45am to start both activities to prompt at 10.00-11.00am...Donation of £5.00...Places Limited...Book via info@spectrumwasp.org and please</p>
<p style="text-align: center;">May 31st</p> 	<p style="text-align: center;">Friday</p> <p style="text-align: center;">New Film Garfield</p>	<p><u>Odeon Cinema Mansfield</u> – We are going for an Autism Friendly Screening of the New Film Garfield For <u>ALL</u> Children/Young People/Siblings/Families at Spectrum WASP with our own Early Morning Showing. Meeting at the Odeon, at 9.00-9.15am for the Film to start prompt at 9.30am. Refreshments will be open at the Odeon, or you can bring along your own Drinks/Snacks... Donation will be £5.00 for all Children, Parents/Carers are FREE... Book your Place @ info@spectrumwasp.org</p>

ALL Activities are weather permitting.

We will keep in touch with our Registered Families by our Message Bird Text Service/Email

PAYMENTS FOR ACTIVITIES

All payments can be made via Cash/BACS.

Spectrum WASP BACS Details:

Sort Code: 09-01-28
A/C Number: 25206190
Ref: Activity Name e.g.- Cinema



Spectrum WASP Upcoming EVENTS & FUNDRAISERS





We have some amazing events/opportunities coming up for us at Spectrum WASP some of which will support our Fundraising which will help sustain our activity program at Spectrum WASP.

We are looking for support from our Parents/Carers, Children/Young People and Siblings to attend these fundraisers alongside Sue/Jeni/Jess/Maria/Management Committee to ensure we continue to have as many successful events as possible.

Please see the dates below and let us know via email @ info@spectrumwasp.org if/when you can support. We always love to see familiar faces at events too! So don't forget to let your friends/family know about the dates as well.

These fundraisers/events are **KEY** to enabling Spectrum WASP to continue putting on the fantastic activities that we do.

<p>Friday 24th May</p>	<p>'Night at the Dogs'...We're 'OFF' to Nottingham Grey Hound Stadium for our Fabulous Fundraising Family Social Night Out...Ask ALL your Family/Friends/Work Colleagues to Join Spectrum WASP for a Great Night...Adult tickets £3 each or 2 for £5...Under 18s £1 on the gate... Jeni will be baking her DELICIOUS cupcakes which will be available on the evening for a donation – yummy! Book your tickets now through info@spectrumwasp.org</p>	
<p>Friday 26th July</p>	<p>Charity Golf Day...@ Ramsdale Park Golf Centre (see poster below) Do you love Golf? What about playing and supporting Charity at the same time? Email info@spectrumwasp.org for more info...</p>	
<p>Saturday 21st September</p>	<p>Games Night...With the huge success of the family Fundraising evening the Committee is holding another social event for Spectrum WASP open to all registered Families... @ Turner Hall, 13 Welbeck Road, Mansfield, NG19 9JY...More information to follow...Book via info@spectrumwasp.org</p>	



Join us in wishing our below Children/Young People

HAPPY BIRTHDAY!

May – Charlette, Casey, Jake, Liam, Max, Naomi, Dylan, Harley, Harry, Harley, Declan, Ethan, Fraser, Amelia-Lillie, Charlie, James, Ebony, Harlee, Theo, Evie

June – Archie, Ethan, Joshua, Kallum, Hunter, Eloise, Jesse, Joe, Ollie, Seth, Esther, Joshua, Jakub, Mille, Amy, Kaylem, Rubie, Jake, Constance



First Aid with Spectrum WASP



Spectrum WASP is excited to share the incredible news of the life-saving equipment we were able to purchase, all thanks to Nathan, John Joe, Billy and Steve. Through their fundraising efforts of climbing Ben Nevis in 2023, they raised an impressive £17,405.73. With this generous donation, Spectrum WASP was able to acquire a Defibrillator, a training Defibrillator, and a set of training manikins for CPR practice. Recently, we organised a first aid session for the Friday night Teens, led by Paul, a trainer assessor in first aid. The Children/Young People showed great enthusiasm in learning essential life-saving skills, such as CPR and how to use the Defibrillator. Due to their success, Spectrum WASP has scheduled further sessions during the May holidays and beyond, aiming to provide certification to those who wish to further their skills.

