

Tiora's newsletter article for Lifeskills

From 27th Feb to the 3rd of March we spent our time going and helping the Lifeskills participants. Before we had started, I didn't know what to expect, and I think we all were a bit nervous around meeting them first. We had first met them on the Tuesday, and it was obviously awkward at first. I had met Nuvin, and he was very friendly and a bit talkative. I got to find out quite a bit about him. Later on, we had joined the participants for their activities, and I had Art with Flora. Flora was amazing and very talkative, since she kept telling me about her niece and nephew. So I reckon Tuesday was quite a success. Coming to Wednesday, I think it was better than the day before, since I was more comfortable with them and able to talk and interact with them more. Wednesday, we had a sports circuit. I had co-ordinated the basketball activities, and everyone had enjoyed it. I could see the smile on their faces, and Lole's shooting was also very spectacular. After that, we had lunch and had come back to Lifeskills. Thursday came along, and I think this day was the best day of the week. First, we had the participants come over and we gave them a tour of the school, which I think they enjoyed quite a bit. Some had already come to the school, so it wasn't as new for them. After the tour, we put on some Just Dance which I think some of them enjoyed the most. Some participants didn't participate but that's alright. It was fun for the people that did. Biscuit decorating was also really fun for them. We all made different shape and colour biscuits, and they were very good.

After lunch, we had joined them for board games, which was really hectic to be honest. We had a really intense game of Uno, and everyone contributed very well. I think I enjoyed that the most. Pool was also very popular with some people, especially Robert. Robert was very into pool and very enthusiastic about the game, and so were we.

We were all looking forward to going bowling and eating pizza with the participants on Friday, however sadly, due to sickness, it got cancelled. That was very sad, but if we look back on the week at Lifeskills, it made up for it. I really enjoyed being at Lifeskills and hanging out with the participants, even though I had not picked this Out of Class Program. I now know more about people with disability than I did before, which is important to know. I understand a variety of different disabilities, and how it can affect them. I didn't know how I was going to feel about this program, but to say the least, I ended up enjoying it a lot.

Thank you Lifeskills for this experience.

By Tiora.

