PARKSIDE NEWSLETTER

AUTUMN 2026





A MESSAGE FROM OUR CHAIR

What a brilliant few autumn months we've had at Parkside, with so much going on! We've been incredibly fortunate to have the support of some wonderful organisations. Metro Bank kindly funded a fantastic trip to the trampoline park, while volunteers from Rathbones have been busy helping with wood staining and maintenance in our garden.

Our LIFE and PIP Projects have enjoyed some wonderful autumn adventures both out and about and here at Parkside. Our social clubs have been celebrating Halloween and have been busy fundraising for their annual nights out. It's also been fantastic to see our drop-in activities continuing to go from strength to strength and to hear about the personalised support that is being provided through our one to ones.

I'm looking forward to seeing many of you at our annual Christmas Fair on Saturday 28th November. We are incredibly grateful for your generous donations and support. The money raised plays such an important part in keeping Parkside running and ensuring we can continue providing opportunities for the people who attend.

Thank you, as always, for your continued support.

Joe **Chair of Trustees**

THANK YOU

- All our volunteers
- Everyone for your donations to the Christmas Fair including:
  - Cllr Ken Tranter
  - Gubbins Family
  - Ann Jones MBE
  - Painshill Park
  - KFC
  - Squires Garden Centre
  - Birdworld
  - Hoggs Back Brewery
  - Everyone Active
  - Sodexo
  - Longacres
  - Trilakes
  - Aldershot FC
  - Alpine Snowsports Centre
  - Manchester United Football Club
- Hart and Rushmoor Lottery Members
- Rathbones - Corporate Volunteering
- Mr and Mrs Tyas
- Mr and Mrs Webber
- Metro Bank
- Cllr Kevin Betsworth

JET Steps Up for Their Annual Night Out!



Our JET Social Club members and friends put their best foot forward for a sponsored walk to raise money towards their annual night out.

Together, the group completed **5,000** steps, covering an impressive **2.29** miles, and incredibly raised **£895.74** in donations.

A fantastic achievement from everyone who took part, and a huge thank you to all the friends, families and supporters who sponsored them. The money raised will go towards making their next night out one to remember.



Christmas is Coming to Parkside

SAVE THE DATE

Christmas Fair

Saturday 28 November

1.00PM - 3.00PM

Join us for an afternoon of festive fun.

Donations Needed

Can you or your business donate a prize or bottle for our tombola and raffle?

Get in touch with us via admin57@parksidealdershot.co.uk

Meet Jackie: Spreading Smiles in the Garden



Jackie has been part of our Thursday Garden Group for over 15 years and also attends Gateway Club. She loves gardening, spending time with friends, doing jigsaws and caring for her dog, Lucy. Her lovely smile brightens everyone's day!



In Jackie's Words

"What I love most about Parkside is **all of it**"

Quick Fire with Jackie

Favourite flower? **Sweet Pea**
Favourite thing about Thursdays? **Seeing everyone**
What makes you smile? **Being around people**



Jackie recently helped the group design and create their Rushmoor in Bloom entries, achieving Silver and Bronze awards.

Our Thursday Garden Group is one of Parkside's non-commissioned services. We keep costs low so everyone can enjoy the benefits of gardening, friendship and being outdoors. We rely on donations and fundraising to keep this valuable group running.

Parkside in Pictures



Julia enjoying some 1:1 time



Brandon exploring Painshill Park



The LIFE Project having fun at Den 97



Amelia bouncing into action at Oxygen Trampoline Park



Nicola getting creative making pizza



The LIFE Project discovering the rainforest

PARKSIDE NEWS & IMPACT



All Aboard the Dawn!

Our LIFE Project enjoyed a fantastic day on the Basingstoke Canal aboard The Dawn, a specially adapted boat operated by the Accessible Boating Association.

The trip was kindly funded by **Rushmoor Rotary Club**, whose members also crewed the boat for the day.



PIP Gets Creative

Our PIP group enjoyed making delicious **smoothies**, choosing their ingredients, chopping fruit and practising kitchen skills.



Deal or No Deal Comes to PIP!

There was plenty of excitement as **Deal or No Deal** came to Parkside! Everyone enjoyed getting involved, choosing their boxes and seeing what surprises were in store.



Football Fun

Our Wednesday football group enjoys keeping active, building friendships and having fun at their weekly sessions.

Want to join us? Wednesdays from 10.15am.

Follow Parkside

Keep up with our latest news

Parkside - Aldershot & District Learning Disability

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Parkside - Aldershot and District Learning Disability

Support Parkside

Support Parkside by donating, voting for us with your Tesco blue tokens, or donating a bottle or prize for our Christmas Fair tombola and raffle!

JustGiving™

www.justgiving.com/parkside-disability

Scan the QR code to donate



Trying Something New

The LIFE Project took on a **Personal Best Festival** at Winchester, run by Active LD.

The group had the opportunity to try a range of different sports and activities, including boxing. It was a great chance to get active, try something new and enjoy the day together.



Metro Bank – 10 Years together

We celebrated ten years of partnership with **Metro Bank** with a fantastic trip to Oxygen Trampoline Park.

A huge thank you to the team for their continued support!



Nightmare Mansion

Our PIP and LIFE Project groups joined forces as the **Parkside Players** for their Halloween performance, Nightmare Mansion!

Everyone worked hard to put on a fantastic show, bringing together creativity, teamwork and plenty of spooky fun!