

# THE ASSIST VOICE

Newsletter for members of the Assist  
Trust, their friends and family

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# FOOTBALL NEWS

ENGLAND WON 2-0 AGAINST THE CZECH REPUBLIC LAST NIGHT (TUESDAY 29TH OCTOBER). HARRY KANE, OUR CAPTAIN, SCORED ONE OF THEM EASY ENOUGH BECAUSE HE'S OUR MAN. GORDAN SCORED THE OTHER ONE.

THE NORWICH CITY CHAIRMAN, TIM WATSON, SADLY PASSED AWAY ON MONDAY. HE WAS THE HUSBAND OF DELIA SMITH AND HELPED NORWICH CITY FC OUT A LOT BY HELPING THEM TO GET PLAYERS AND SPENDING A LOT OF MONEY ON THEM.

# TV NEWS

Strictly Come Dancing – They've got 3 new presenters: Josh Widdicombe, Emma Willis and Johannes (who used to be one of the Strictly dancers). The series starts on the 3rd October.

The Celebrity Traitors – Alan Carr won it last time – who will succeed in this series? The people in it include Richard E. Grant, Michael Sheen, Julie Hesmanhaugh (Hayley Cropper in Coronation Street), Lacey Turner (Stacey Slater from Eastenders). It started on Thursday 1st October at 8pm

Blue Lights – started on Monday 28th September. It's the 3rd series. It is based around police and is a bit like The Bill

# HALLOWEEN QUIZ

1. What animal, and friend of witches, is considered bad luck by some people?
2. What is the surname (last name) of the 3 sisters in Disney's film 'Hocus Pocus'?
3. What is the Halloween treat of an apple covered in melted sugar called?
4. What is the name of the disembodied hand in The Addams Family?
5. In the video for Michael Jackson's Thriller, he dances with a group of what?

# HALLOWEEN QUIZ ANSWERS

1. Black cat
2. Sanderson
3. Toffee apple
4. Thing
5. Zombie

# HALLOWEEN JOKES!

Why don't ghosts like rain? It dampens their spirits

Where do ghosts go on holiday? Mali-boo!

Why did the vampire go to the doctor? It couldn't stop coffin!

What is a vampires favourite fruit? Blood orange

What's a monster's favourite game? Hide and shriek

Why did the zombie child stay home from school? It felt rotten

What music do mummies like? Wrap



# OUR FAVOURITE SCARY FILMS

Casper – Casper is a ghost, he is white and cold. I think the boy went to school and Casper met him . The boy was a bit scared because Casper was a ghost. They became friends.

IT – There is a little boy and he disappears underneath the drains and he's washed away.

The Haunted House – a regular haunted house movie

Beetlejuice – He is a demon that comes up when people shout "Beetlejuice, Beetlejuice, Beetlejuice". It's a bit scary and a bit funny – there's two bits to it. Half and half.

Dracula – Dracula is looking for a bride, he falls in love with the wife of Jonathan Harker (Lucy) and turns her into a vampire by biting her neck.

Tucker and Dale – gross and funny – while they're trying to help a group of young people who are stuck in the countryside, miles away from anywhere, a series of random and gory accidents happen to them

# IMPORTANT DATES

9

New timetable! We'll find out what sessions we're having sometime in the next 2 weeks, ready for the new November timetable

Clocks go back 1 hour Sunday 25th October 2026!

Halloween – Saturday 31st October 2026

Christmas Eve – Thursday 24th December 2026

Christmas Day – Friday 25th December 2026

Boxing Day – Saturday 26th 2026

Bank Holiday – Friday 1st January 2027

## **Assist Trust Dates:**

7th December – staff training day

Last day before Christmas is 22nd December and we'll open again on the 4th January

Wake up, wake up, the sun is bright,  
It's time to change the clocks tonight,  
One hour forward, don't be late,  
Long days - oh, this is great!

Spring forward, jump ahead,  
Longer sunshine time instead!  
Then in fall, we turn it back,  
One more hour to hit the sack!

Anon



Come and see us working at the Meeting Place Café at the Norman Centre, Bignold Road, Mile Cross, Norwich NR3 2QZ

We are open from 10:30-2:30 Monday to Friday.

Enjoy hot drinks, juice and cans of drink and a light lunch, cake and biscuits at really good prices

# DYNAMIC DELIVERY

Learn to infuse energy into your delivery to leave a lasting impression

One of the goals of effective communication is to motivate your audience

| Metric                        | Measurement    | Target | Actual |
|-------------------------------|----------------|--------|--------|
| Audience attendance           | # of attendees | 150    | 120    |
| Engagement duration           | Minutes        | 60     | 75     |
| Q&A interaction               | # of questions | 10     | 15     |
| Positive feedback             | Percentage (%) | 90     | 95     |
| Rate of information retention | Percentage (%) | 80     | 85     |

# FINAL TIPS & TAKEAWAYS

Practice makes perfect

- Consistent rehearsal
  - Strengthen your familiarity
- Refine delivery style
  - Pacing, tone, and emphasis
- Timing and transitions
  - Aim for seamless, professional delivery
- Practice audience
  - Enlist colleagues to listen & provide feedback

Continue improving

Seek feedback

Reflect on performance

Explore new techniques

Set personal goals

Iterate and adapt

# SPEAKING ENGAGEMENT METRICS

| Impact factor               | Measurement        | Target | Achieved |
|-----------------------------|--------------------|--------|----------|
| Audience interaction        | Percentage (%)     | 85     | 88       |
| Knowledge retention         | Percentage (%)     | 75     | 80       |
| Post-presentation surveys   | Average rating     | 4.2    | 4.5      |
| Referral rate               | Percentage (%)     | 10     | 12       |
| Collaboration opportunities | # of opportunities | 8      | 10       |

**THANK**  
**YOU**

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