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The last few weeks have meant that all of us have had to adapt to the many challenges presented by Covid-19. It has been evident by the contact that we have had with yourselves that you have been approaching such a difficult situation with such positivity. As part of our service we will continue to present ideas and activities that can be done at home. Please keep sending us the photographs and e-mails of all the amazing activities that you are completing, which we will share in future issues.

Cooking

For those of you who enjoy cooking, please find below this weeks recipe Chicken Fajitas:

Chicken fajitas: Prepare and cook the ingredients

					
1 Red Pepper	1 Red onion	1 Chicken breast	1 lime	1 tsp Paprika	Black Pepper

1. Cut the pepper and the chicken into strips



2. Peel and slice the onion

3. Put the pepper, onion, and chicken into a bowl with the paprika.



4. Squeeze the juice of half a lime, add some olive oil, black pepper and mix well.

5. Put the red pepper, onion and chicken into a pan to cook for 6 to 8 minutes.



6. Turn the pieces of chicken and vegetables over so they don't burn.

Chicken Fajitas: Prepare the guacamole and make the fajitas

						
1 Avocado	2 Flour tortillas	$\frac{1}{2}$ tsp Chilli Powder	$\frac{1}{2}$ tsp Ground Coriander	150ml Natural Yogurt	5 cherry tomatoes	50g Grated Cheese

1. Chop the tomatoes and put into a bowl. Add the Chilli powder and Ground Coriander.



2. Cut the avocado in half. Scoop out the flesh and put into the bowl.

3. Squeeze the lime juice over the avocado and tomatoes. Then chop finely.



4. Warm the tortillas up in a microwave and put on to plates.

5. Put the cooked chicken and vegetables in the middle of the tortilla.



6. Add yogurt, guacamole and cheese before folding your fajita and eating.



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Sport and Leisure

Take advantage of the wonderful spring sunshine and enjoy walking in your local area. Walking is one of the easiest ways to get more activity into your day, lose weight and become healthier. Research shows people who fit moderate activity, such as walking, into their daily life burn more energy than those who make weekly visits to the gym.

This Weeks Sports Challenge

Football 'Keepy Uppy' challenge as demonstrated by Ryan. How many can you do? Don't forget to get someone to photograph your efforts, send them to us, we will show them in the next issue.



Please also find below links for free fitness and wellbeing activities;

<https://watch.lesmillsondemand.com/free-content>

<https://www.nhs.uk/live-well/exercise/free-fitness-ideas/?tabname=fitness-guides>

We are located at:

Ashland House, Dobson Park Way, Ince, Wigan, WN2
2DX

and

Unit 12, Golborne Enterprise Park, Kid Glove Road,
Golborne, WA3 3DP



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Photography

Take your cameras or mobile phone outside and see how many of the mini beasts you can find.

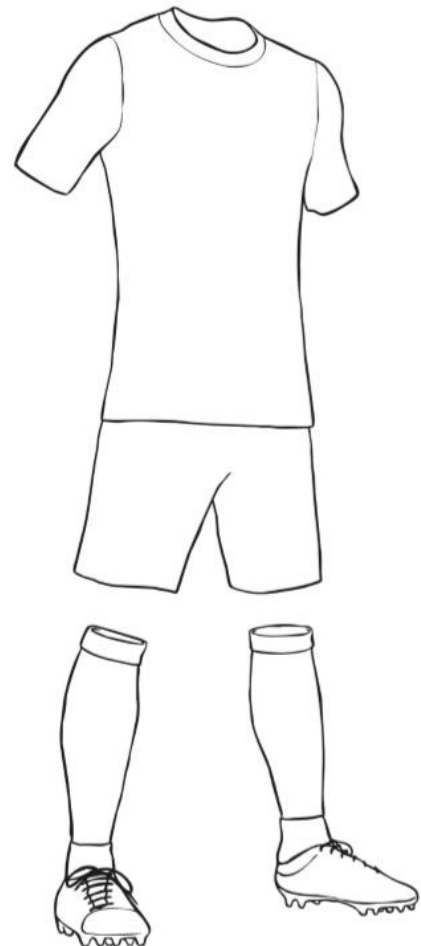
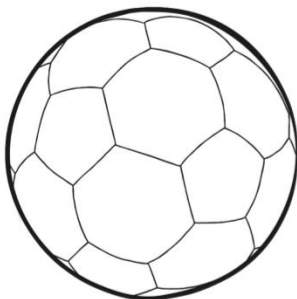
Try to get a good close up shot and don't forget to send your photographs to us. We will display them in the next issue.

Happy hunting!



Art

Be creative and design your own Football Kit. There are printable templates at the end of this document, think about your choice of colour and shape and don't forget to send us a photograph of your designs for us to showcase.



Gardening

Some of you have been building flat pack woodwork products for the garden and some of you are looking after plants, don't forget to photograph your progress and send your photographs to us so that we can share your progress.

You may also want to make a simple bug or ladybird home for the garden and see who comes to visit.

Step by step

- 1** Cut the end off a plastic drinks bottle or cut a plastic pipe to 20cm in length. To reduce, reuse and recycle plastic plant pots, milk cartons or old cardboard coffee cups can also be used.
- 2** Make newspaper tubes by cutting newspaper lengthways and rolling up. Ensure there is a hole in the centre of around 4mm. Rolled corrugated cardboard can also be used.
- 3** Cut the material to the length of the pot or bottle. The bamboo needs to be cut so that the solid node is at the closed end or the whole length is hollow.
- 4** Fit the materials tightly into the bottle or pot, so they won't fall out. Ensure the hollow ends are facing outwards, and will be protected from rain.
- 5** Place your bug home almost horizontally in a warm spot with the open end slightly lower to prevent water logging. Bug homes are best placed no higher than 1m above the ground. The best places to put them are in a tree, bush, at the base of a tree and most importantly in a quiet place.
- 6** The best season to make a bug home would be early autumn, so the insects have somewhere to hibernate for the winter.



Preparation

Think about which insect you are looking to attract with your bug home. Try to find out more about them and where they usually hibernate.

To reduce, reuse and recycle plastic plant pots, milk cartons, plastic bottles or old cardboard coffee cups can be collect to make these bug homes.

Equipment needed

- 2 litre plastic drinks bottles, plant pots, milk cartons or old cardboard coffee cups
- Use a piece of plastic pipe e.g. down pipe
- Bamboo canes or rolled newspaper straws
- Corrugated cardboard
- Scissors
- Waterproof tape

Hints & tips

- 💡 Insects need somewhere to stay during the winter
- 💡 Ladybirds are very helpful to gardeners as they eat aphids that damage plants

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Health and Wellbeing

Complete the weekly Health and Wellbeing bingo to boost your mood and give you an achievable focus during the week.

 Exercise	 Contact family/friend	 Make your bed
 Wash up	 Make a simple meal	 Clean your room
 Do an activity	 Watch a film	 Get a good nights sleep

Quote of the Week

‘Whatever is worrying you right now, forget about it, take a deep breath, stay positive and know that things will get better’.

Birthdays

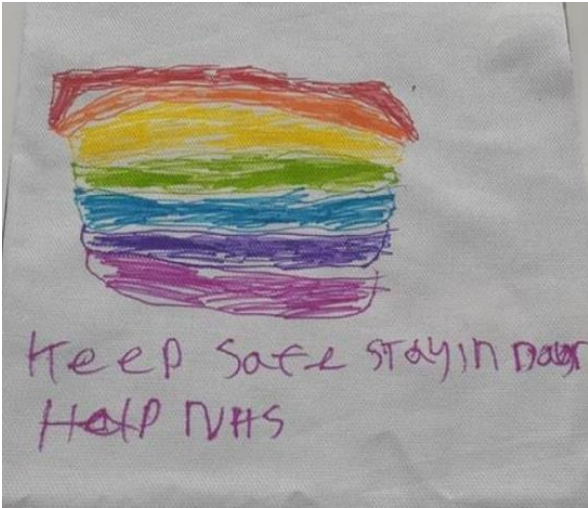
We would like to wish Alex a very happy birthday on the 29th April 2020.





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Fabric design by James G



Robert H
Receiving his
muffin and
activity pack.



Gareth E working hard in the garden

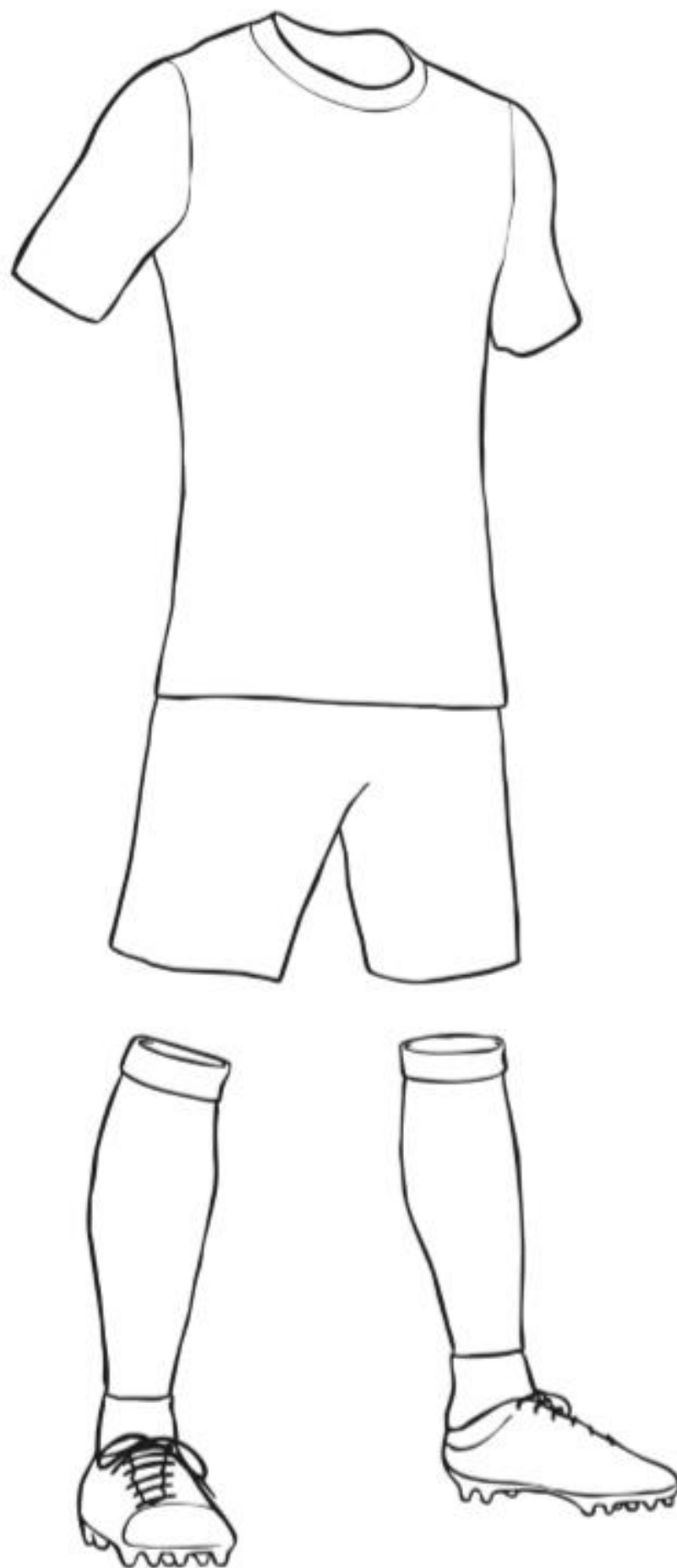
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