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Enabling people to reach their full potential

Last week saw the development of our outreach service. It's been fantastic to see so many people accessing the support that we have to offer at this time and we have thoroughly enjoyed working with you. For further information about our outreach support please don't hesitate to contact us.

Cooking

Pack in a few of your five a day with this weeks nutritious vegetable soup recipe.

4. Vegetable Soup

				
Potato	Carrot	Onion	Parsnip	Vegetable stock cube

1. Peel the potato, carrot, parsnip and onion.



2. Carefully chop all the vegetables into chunks.

3. Put 500ml of water into a saucepan and bring to the boil.



4. Put the vegetables in a saucepan and add a stock cube.

5. Leave the soup to simmer for 25 minutes.



6. Clean up your work area and do the washing up.

7. Turn off the cooker and use a hand blender to make the soup smooth.



8. Pour the soup into a bowl and eat.

Sport and Leisure



How many times can you hit a tennis ball to each other without letting it bounce on the floor. That is the challenge that tennis player Andy Murray and his wife Kim are encouraging fans to do. Can you do it 100 times like Andy and Kim?

Click on the link below to see Andy Murray and Kim do the 100 Volley challenge.

<https://www.youtube.com/watch?v=WwpzvCQcBn0>

If you don't have tennis racquets at home, try playing catch instead. How many times can you catch the ball without dropping it?



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>

Name the Superhero?

Answers will be in the next issue

1



2



3



4



5



6



7



8



9



10



11



12



Photography

Sunset photography is a popular subject any time of year. The rich colours, dramatic lighting and strong shapes can produce stunning shots. Using your camera or your mobile phone experiment with the landscape at sunset. What does the view look like from the windows of your house as the sky begins to go dark?



Art

Recipe for Cooked Playdough

Ingredients

2 cups of water
2 cups of plain flour
1 cup of salt
2 tbsps cream of tartar
2 tbsps of cooking oil
Food colouring

Method

1. Place all the ingredients into a pan.
2. Heat slowly until the mixture thickens and comes away from the side of the pan.
3. Keep in an air tight container.

Recipe for Basic Playdough

Ingredients

½ cup of salt
1 ½ cups of plain flour
Water
Food colouring
Essence (optional)

Method

1. Mix all ingredients together in a mixing bowl until it forms a ball and combines.
2. Keep in an air tight container.

Get creative with ingredients found in the kitchen cupboard. Once the dough is made you can experiment in sculpting little models or create shapes to add to your drawings or pictures from magazines.



Gardening

May – Summer is on its Way



Top 10 jobs this month

- 1 Watch out for late frosts. Protect tender plants
- 2 Earth up potatoes, and promptly plant any still remaining
- 3 Plant out summer bedding at the end of the month (except in cold areas)
- 4 Water early and late to get the most out of your water, recycle water when possible
- 5 Regularly hoe off weeds
- 6 Open greenhouse vents and doors on warm days
- 7 Mow lawns weekly
- 8 Check for nesting birds before clipping hedges
- 9 Lift and divide overcrowded clumps of daffodils and other spring-flowering bulbs
- 10 Watch out for viburnum beetle and lily beetle grubs

Free Audio Books

The book of the week is Rudyard Kipling's 'The Jungle Book'.

The magical storytelling and unforgettable characters have been brought to life by many well known voices from British film, TV, radio and comedy and includes amazing animal sounds.

Click on the link below to hear 'The Jungle Book' for free.

https://stories.audible.com/pdp/B013H2CHIA?ref=adbl_ent_anon_ds_pdp_pc_cntr-3-1



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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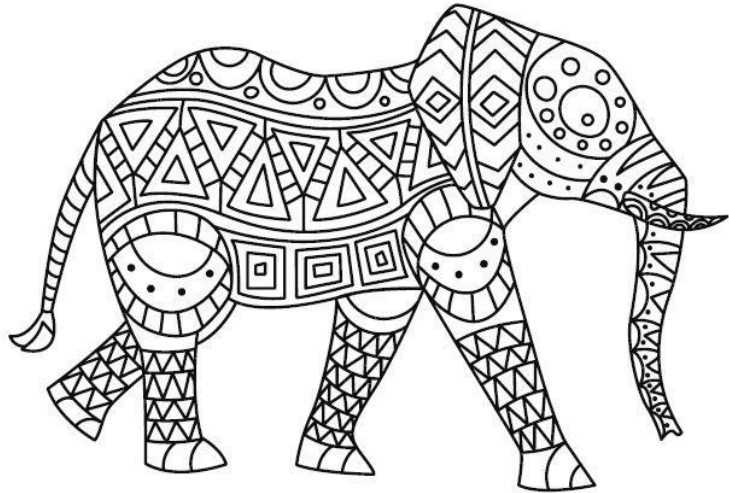
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Health and wellbeing

Mindfulness colouring is a relaxing and calming activity. Please find a printable colouring page at the end of this newsletter.



Quote of the week

“Challenges are what make life interesting and overcoming them is what makes life meaningful.”

- Joshua J. Marine



Answers to last week’s footballs ‘Who’s Who?’

Sergio Ramos	8	Sergio Aguero	12
Manuel Neuer	16	Kevin De Bruyne	7
Neymar	11	Jurgen Klopp	4
Luis Suarez	5	Cristiano Ronaldo	14
Gareth Bale	2	Romelu Lukaku	6
Andres Iniesta	1	Paul Pogba	9
Eden Hazard	3	Pep Guardiola	13
Philippe Coutinho	15	Jamie Vardy	10

Here's a few photo's sharing some of the things that we have been doing.



Erol D has created a rainbow



Alex W has been doing woodwork



John Y has been enjoying regular walks.



David H has been enjoying jigsaws.



Matt H has been enjoying lots of walking



Jack P has enjoyed floristry.



Gareth E has completed his bunting and has put it up in his garden

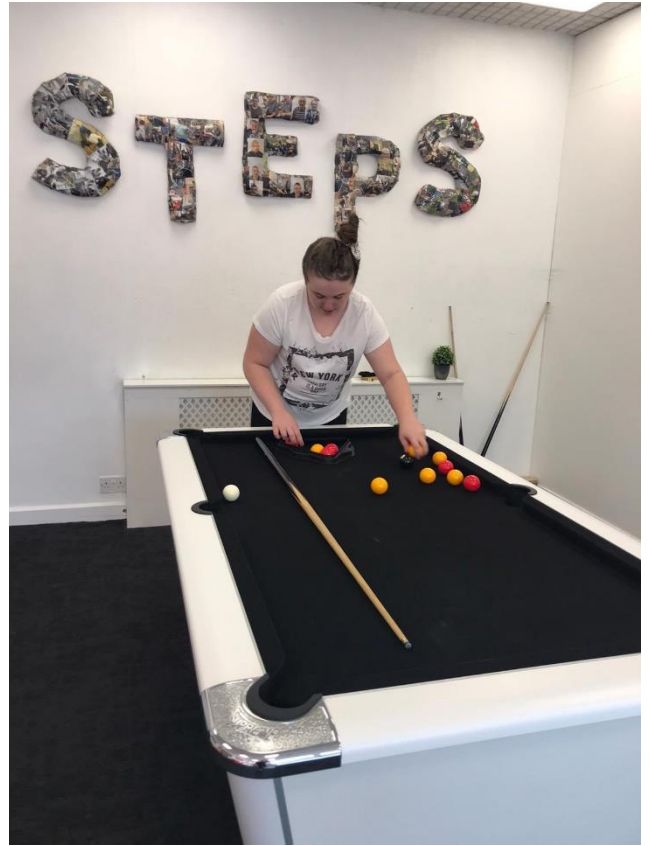


Daniel K has been busy making planters in wood and painting

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2DX

and
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Golborne, WA3 3DP





Abigail B has enjoyed gardening and playing pool



Lewis T has enjoyed walking. Can you spot the rainbow?



John R has been enjoying lots of walks



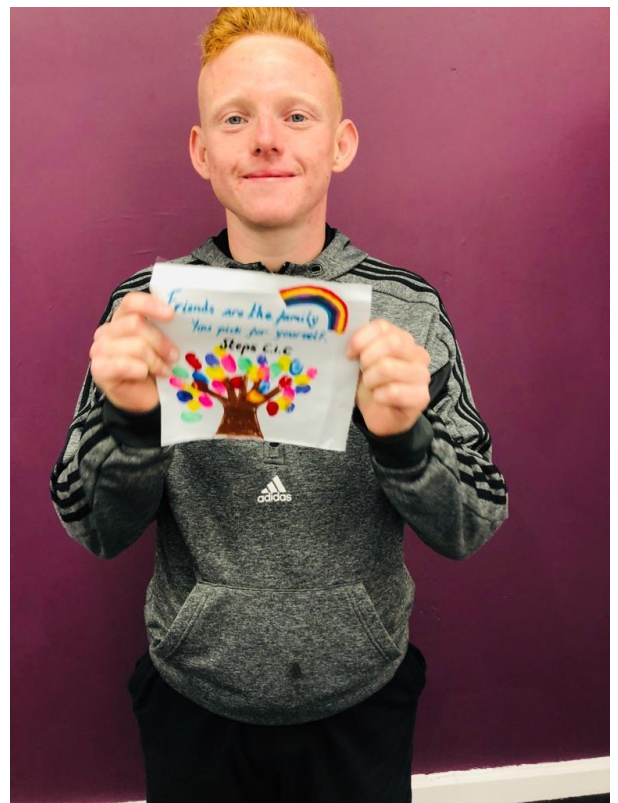
Sean U has been enjoying walking and wagon spotting



Mark W has been enjoying walking



Steven S has enjoyed playing pool



Jack M has been creating art

